



CALM - Campaign Against Living Miserably is an initiative by the Department of Health to help alleviate suffering caused by suicidal thoughts / mental illness / drug dependency. The CALM campaign is targeted at men in the age range 15 to 35 years, but the helpline is open to anyone. Everyone who calls will receive an equal service regardless of age, gender, cultural background or sexuality. Originally based in Manchester it is now available nationwide 5:00pm to midnight Saturday to Tuesday. If you need to speak to a counsellor **Freephone: 0800 58 58 58**. I have found this telephone number most useful to me so I thought I would pass it on. Remember, calls to CALM on a landline are free, confidential and anonymous and they don't show up on landline telephone bills.

Best wishes & stay well, from Bob Houlston.

Source: www.houlston.freeserve.co.uk/mental.htm