

32% of people
**wait more than
a year** to seek
help for their
mental health*



It's always ok to ask for help

even if you're not sure what's wrong

Scan the below QR code or contact the SAMH Information Service
for mental health information and support: samh.org.uk/info



Call: 0344 800 0550
Email: info@samh.org.uk



*Mind Infoline Survey, July 2020. SAMH (Scottish Association for Mental Health) provide an information and signposting service. Open 9am to 6pm, Monday to Friday (except Bank Holidays). Calls charged at local rates, charges from mobile telephones vary considerably. If you need to speak to someone urgently or require a listening or crisis service, please seek support at samh.org.uk/seekingsupport. SAMH (Scottish Association for Mental Health) is a registered charity in Scotland no. SC008897.