



# Contact numbers and places to get support



If you feel upset, low or suicidal



If you feel low and need to talk after 5pm



A listening service for the LGBT+ community



For mental health emergency advice



PAPYRUS  
PREVENTION OF YOUNG SUICIDE



If you are under 35 and feeling suicidal



If you are not safe from harm at home



If you need someone to talk to day or night



If you need to report abuse or neglect

Help please



# Other ways to get help or support about the survey



01603 631433



[admin@openingdoors.org.uk](mailto:admin@openingdoors.org.uk)

Contact Opening Doors to ask for an advocacy appointment



[jobrown@openingdoors.org.uk](mailto:jobrown@openingdoors.org.uk)



[trustees@openingdoors.org.uk](mailto:trustees@openingdoors.org.uk)

Contact our Senior Adviser or a Trustee to make a complaint about it



Talk to someone that you trust



Speak to your GP about your health



Talk to your Support Worker



Tell someone at a survey workshop



[www.openingdoors.org.uk](http://www.openingdoors.org.uk)



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