**‘Unseen’**

**Wellbeing Reference Guide**

‘Unseen’ was created by Extant, the UK’s leading professional performing arts company of visually impaired artists and theatre practitioners. The drama is inspired by the Unseen Report, commissioned by the Vision Foundation. You can read The Unseen Report [here](https://www.visionfoundation.org.uk/our-impact/research-and-campaigns/the-unseen-report/).

If you have been affected by the issues raised in this drama, you can find support through the numbers below.

**Mental Health - Useful Links and Phone Numbers**

Samaritans

Telephone: 116 123 (Lines open 24 hours a day, 365 days a year. Calls are free for landlines and mobile phones.)

<https://www.samaritans.org/how-we-can-help/>

Mind

Telephone: 0300 123 3393 (Lines open 9am to 6pm, Monday to Friday (except bank holidays). Calls charged at the standard rates.)

<https://www.mind.org.uk/>

Shout

Text ‘SHOUT’ to 85258

<https://giveusashout.org/>

**Domestic Abuse - Useful Links and Phone Numbers**

Refuge

Tel: 0808 2000 247

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

National Helplines:

[Northern Ireland](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.womensaidni.org%2F&data=05%7C01%7Clouisa%40extant.org.uk%7C4c5ac6c0df2d418a25a508dbcf19c61d%7C66f667378dd3462cae478f71da106345%7C0%7C0%7C638331481827272783%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ZQfQEG92rcoCHnxp%2BeWdk8lrTgdzj3PQZ1YyZHn3T0I%3D&reserved=0): 0808 802 1414

[Scotland:](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.scottishwomensaid.org.uk%2F&data=05%7C01%7Clouisa%40extant.org.uk%7C4c5ac6c0df2d418a25a508dbcf19c61d%7C66f667378dd3462cae478f71da106345%7C0%7C0%7C638331481827429017%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=GdG7GTxw2seVn1W4IQgd2Cu4MYjzUUU2CuLuKRluTTw%3D&reserved=0) 0800 027 1234

[Wales](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Flivefearfree.gov.wales%2F%3Flang%3Den&data=05%7C01%7Clouisa%40extant.org.uk%7C4c5ac6c0df2d418a25a508dbcf19c61d%7C66f667378dd3462cae478f71da106345%7C0%7C0%7C638331481827429017%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=IUTFbwMA%2FeiVx0k4zG9FCd2JIw4rTc21MliY0E6Vonk%3D&reserved=0): 0808 8010 800

Men's Advice line, run by Respect

Tel: 0808 8010327

<https://mensadviceline.org.uk/>

Galop LGBT+ helpline

Tel: 0800 999 5428

<https://galop.org.uk/>

Survivors UK

Text: 020 3322 1860

[www.survivorsuk.org](http://www.survivorsuk.org)

Women’s Aid

Email: helpline@womensaid.org.uk

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