

The Samaritans relies on donations. A Registered Charity 219432

THE BLOKE'S OWN *paper*



Mind (Infoline)
020 8522 1728 / 0345 660163
(Mon - Fri 9.15 - 4.45.)
www.mind.org.uk

Depression Alliance
020 7633 055
www.depressionalliance.org

National Drugs Helpline
0800 776600 (24 hours)

NHS Direct
0845 4647 (24 hours)
www.nhsdirect.nhs.uk

Saneline
0845 767 8000 (12 noon - 2am)

CALM
0800 585858 (5pm - 3am)

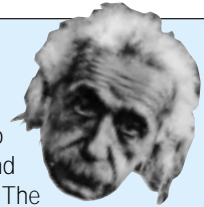
**The
Samaritans**

08457 90 90 90
www.samaritans.org

**CONTAINS SWEARING, SERIOUS STUFF
AND A COUPLE OF SMART BIRDS.**

**FREE
AND WORTH EVERY
PENNY.**

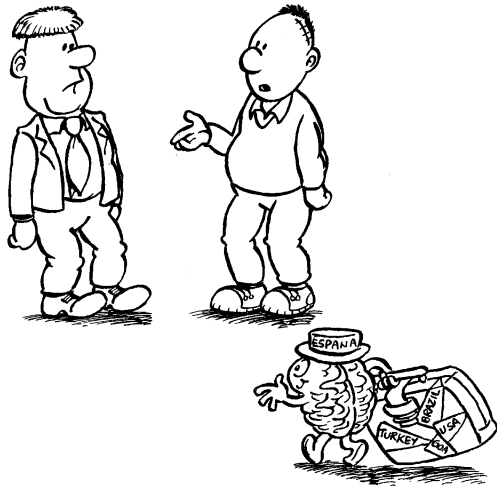
Introduction by Uncle Albert



We all like a laugh from time to time. I remember when the sound of laughter reverberated around The King's Tavern. But sometimes we don't feel like laughing. Sometimes we don't feel like going out with our mates to the pub. Sometimes we don't want to play bloody darts, alright. There are loads of different reasons for people to get down. Here are just a few. You may begin laughing now.

Loss of concentration

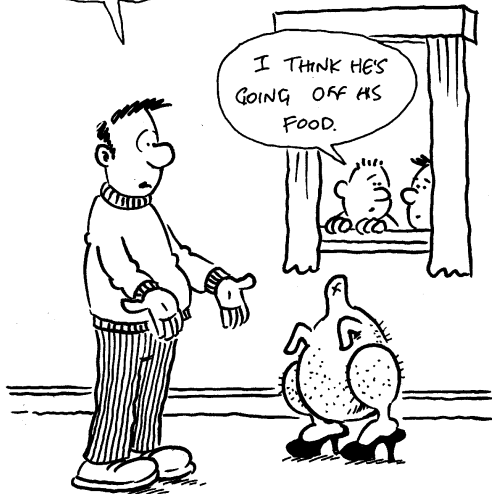
SORRY, WHAT WAS THAT?
MY MIND'S BEEN ALL
OVER THE PLACE.



Loss of appetite

LOOK. I JUST
DON'T LIKE YOU
IN HEELS.

I THINK HE'S
GOING OFF HIS
FOOD.



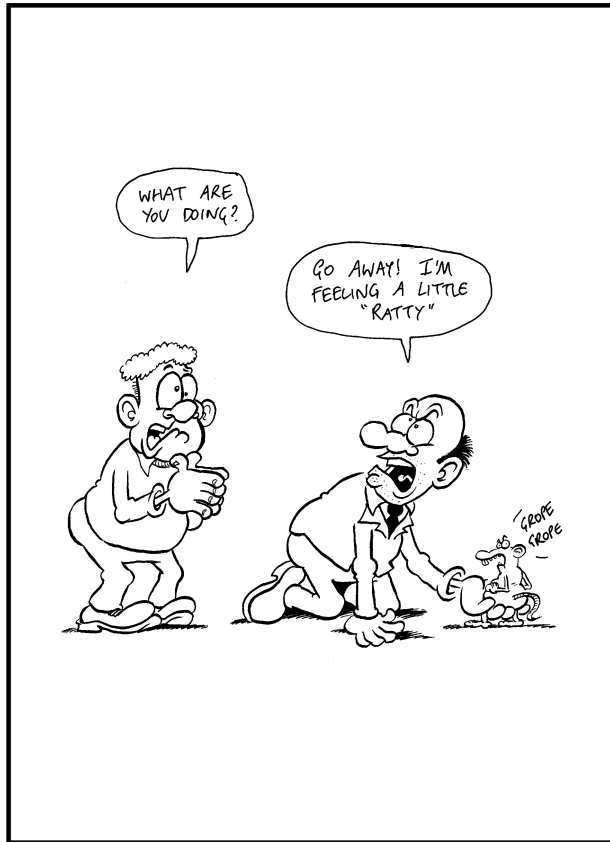
Turning to drugs



Going off sex



Irritable



Blowing things out of proportion



Loss of interest in everything



Feeling inadequate



If you're not ready to talk here are some useful tips to help you deal with it.

- ❑ Take one day at a time
- ❑ Give yourself some space – try writing all of your emotions down – you can always write or e-mail The Samaritans
- ❑ Don't judge yourself – and remember that people who genuinely care will not judge you.
- ❑ Drink and drugs don't provide the answers and can often make you feel worse. So try not to use them as a way of coping with your life.
- ❑ Stay active – going for a kick around in the park or a long walk can really help clear your head
- ❑ Eating three square meals a day provides the energy to help you cope with problems. Don't miss out on vital food to keep your mind and body functioning.

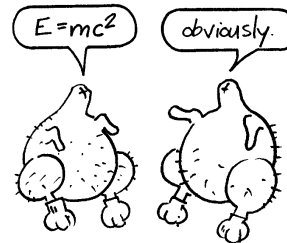
Remember **YOU DON'T HAVE TO DEAL WITH IT ON YOUR OWN.**

Danny MacNamara, lead singer from Embrace – I was about 19 years old when I rang the Samaritans. I was really desperate and needed to talk to someone. It was about 3 in the morning and I didn't want to wake anyone up. So eventually I plucked up the courage to call the Samaritans. I didn't know what to expect but the person on the other side was really warm and friendly. It must

have been about 3 minutes before I said anything, but then we ended up talking for over 2 hours.

game plan

I eventually went to sleep at about 10 o'clock that morning. I'd decided I was going to make some changes in my life. When I woke up the problems were still there but I had a game plan and for that I've got the Samaritans to thank!"



two smart birds - yesterday