

Where can I go for help?

Sleepstation can help to treat Insomnia disorder but if you feel you need help with other difficulties which you are having at the moment or medical issues then it's important that you speak to someone, ideally your doctor. If your doctor's surgery is closed, you can contact your local out of hours service:

24-hour NHS Service - General advice

NHS 24 - visit www.nhs24.com or call free on 111 to speak to someone

You may also find it helpful to discuss your feelings with someone you feel you can trust, such as a friend, family member or neighbour.

If you are not sure who to contact, the details below may help.

Mental health

Mind Infoline

Visit www.mind.org.uk/information-support/helplines/common-questions

Call 0300 123 3393 Monday-Friday 9am-6pm, or text 86463

Other mental health helplines

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-helplines.aspx>

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