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# Mental Health

One in four adults experience at least one diagnosable mental health problem in a given year. People from all walks of life can be affected, more so if they experience any sort of trauma in their lives. We understand that being in police custody can be a difficult time that might have been confusing even causing some degree of anxiety.

It is hoped that you found the interaction with our staff valuable, and we were able to support you during this stressful time. We have provided you with this information leaflet should you feel you require additional support when you have returned home.

This leaflet provides details of charitable groups that you can contact for additional help.

You must remember your GP is also available should you find you are struggling to cope, either physically or emotionally.

Do not feel that you have to manage alone, there is support available.

During your time in police custody, you were seen by a Health Care Professional from Mitie Care & Custody.

After you have been released from custody, if you are prescribed any medications by your GP, you should continue to take these as you would do usually, unless the Health Care Professional has advised you differently.

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## Contact Numbers

National Support Groups:

**MIND**  
0300 123 3393  
[www.mind.org.uk](http://www.mind.org.uk)

**Mental Health UK**  
England 0121 522 7007  
Wales 01792 816 600 / 01792 832 400  
[www.mentalhealth-uk.org.uk](http://www.mentalhealth-uk.org.uk)

**Rethink**  
0808 801 0525  
[www.rethink.org.uk](http://www.rethink.org.uk)

**Samaritans**  
Free confidential crisis phoneline  
116 123  
[www.samaritans.org](http://www.samaritans.org)

**SANEline**  
Mental health support for sufferers and carers  
0300 304 7000 - 4pm to 10pm

**Shout**  
Text message support rather than phonecall  
Text SHOUT to 82528

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## Patient Confidentiality

Information held by Mitie Care & Custody about our patients is treated in strict confidence, in accordance with our Data Protection, Caldicott and Confidentiality Policy.



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