

LOST ATOMS

WRITTEN BY ANNA JORDAN DIRECTED BY SCOTT GRAHAM

If you have been affected by any of the themes in *Lost Atoms*, the following organisations can offer support and guidance

PREGNANCY LOSS

The Miscarriage Association

Information to support you or loved ones affected by miscarriage

Telephone: 0303 003 6464

info@miscarriageassociation.org.uk

Website: <https://www.miscarriageassociation.org.uk/>

Cradle

National mental health charity providing support to anyone affected by the death of a baby during pregnancy.

Telephone: 0333 443 4630

info@cradlecharity.org

Website: <https://cradlecharity.org>

Tommy's

A unique online programme created by experts to support physical and mental health after miscarriage.

Telephone: 0800 0147 800

mailbox@tommys.org

Website: <https://www.tommys.org/baby-loss-support/miscarriage-information-and-support/wellbeing-after-miscarriage>

ABORTION

ABORTION TALK

Free talkline for anyone who needs a safe space to talk about abortion.

Tel: 0333 090 9266

Web: <https://www.abortiontalk.com/>

ILLNESS & BEREAVEMENT

Cruse Bereavement Support

Information to support you or loved ones through grief and loss

Telephone: 0808 808 1677

Website: <https://www.cruse.org.uk/>

MacMillan

A charity supporting patients diagnosed with cancer through every stage of their treatment.

Telephone: 0808 808 00 00

Website: <https://www.macmillan.org.uk/>

Marie Curie

Supporting patients and families through terminal illness, they deal with over 40,000 terminally ill patients a year.

Telephone: 0800 090 2309

Website: <https://www.mariecurie.org.uk/>

MENTAL HEALTH

Samaritans

Free phone line, volunteers will listen to you talk about your concerns, worries and troubles and offer impartial advice.

Website: [joesamaritans.org](https://www.samaritans.org)

Telephone: 116 123 (24 hours and free to call from landlines and mobiles)

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

Young Minds

Information on child and young peoples' wellbeing and mental health. Services for parents and professionals.

Telephone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

SHOUT Crisis Line

24hr free text helpline for urgent help with mental health

TEXT SHOUT to 85258

Website: <https://giveusashout.org/get-help/>

Mind

A mental health charity fighting for change and supporting all those facing mental health difficulties.

Telephone: 0300 123 3393

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

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