

Feeling low or worried? Support for Irish Travellers

Everyone can have tough times with their wellbeing or nerves. That's a normal part of life. But sometimes, we need a bit of help. This guide shows you where to find support if you need it. It's made for Irish Travellers living in England who are 18 or older.

How can GPs help?

You can talk to a GP about your trouble and they can tell you the options.

You can find a GP to register with by calling **NHS 111** or go to www.nhs.uk/service-search/find-a-gp.

If you have no fixed address, you can still register with a GP surgery.

If you are not registered with a GP surgery they can still help you. They can do this for up to 3 months.

You can find out more about **GPs and your mental health** at www.rethink.org. Or call 0121 522 7007 and ask us to send you a copy.

How can I get urgent help for my mental wellbeing?

For urgent help you can:

- Call NHS 111
- Go to NHS 111 website: <https://111.nhs.uk/triage/check-your-mental-health-symptoms>.
- See a GP
- Call 999 or go to A&E at hospital - if you are very unwell and you have no help.
- If you are with a NHS mental health team, contact them.
- Call the Samaritans on 116 123 or go to www.samaritans.org
- Use local crisis cafés or drop-in centres. You could ask NHS 111 about them.

What if I have difficulties with NHS services?

Practice health champions. Some GP practices have people called Practice health champions. They are volunteers who work with staff at GP surgeries. They help by trying to meet the health needs of patients. You can ask to speak to them if you have any issues.

PALS. Also, you can contact your local Patient advice and liaison service (PALS). It provides advice and support if you have any issues. You can ask the GP surgery for details of your local PALS or go to: www.nhs.uk/service-search/other-health-services/patient-advice-and-liaison-services-pals

Advocacy. You might be able to get an advocate. This could be a community advocate or an NHS complaints advocate. You can find out more about '**Advocacy for mental health - Making your voice heard**' at www.rethink.org. Or call 0121 522 7007 and ask us to send you a copy.

Take a friend or relative with you. You can take a friend or relative to an appointment with you.

Tell them about your culture and background. You can tell healthcare professionals how your culture and background link to your mental wellbeing problems. This could help to create a better understanding between you.

If you are discriminated against. You have the right to live free from discrimination. The NHS says that everyone is entitled to fair and equal treatment, including Irish Travellers. Under the Equality Act 2010, it is unlawful to discriminate against someone based on their ethnicity.

You can find out more about '**Discrimination and mental health - The Equality Act 2010**' at www.rethink.org. Or call 0121 522 7007 and ask us to send you a copy.

If you think you have been treated unfairly because you are an Irish traveller you can contact:

- **Equality Advisory and Support Service (EASS).** Gives advice and information about the Equality Act 2010 and discrimination. Call 0808 800 0082 or go to www.equalityadvisoryservice.com

How can I talk to someone?

Sometimes life feels really hard, and it can help to talk about how you are feeling. Talking about your worries can make things feel a bit lighter.

You might want to speak to someone you trust, like a friend or family member. But if that's not easy, there are special phone lines you can call. They are called emotional support helplines.

You do not have to give your name or other personal details if you do not want to. These helplines keep your details, and what you tell them, private. They only share information with others if you, or someone else, is in immediate danger.

See below for more information.

- **Samaritans.** Call 116 123 or go to www.samaritans.org
- **Papyrus:** Call 0800 068 4141 or go to www.papyrus-uk.org/gypsy-roma-traveller
- **Sane Line.** Call 0300 304 7000 or go to www.sane.org.uk
- **Support Line.** Call 01708 765200 or go to www.supportline.org.uk
- **CALM.** Call 0800 585858 or go to www.thecalmzone.net
- **National Suicide Prevention Helpline.** Call 0800 689 5652 or go to www.spuk.org.uk/national-suicide-prevention-helpline-uk
- **Silverline.** For people over 55. Call 0800 4708090 or go to www.thesilverline.org.uk

How can I get help for alcohol and drug issues?

If you need help for alcohol or drug issues you can see a GP. These organisations can also help:

- **The Forward Trust.** Help for drug or alcohol issues. Call 020 3981 5525 or go to www.forwardtrust.org.uk
- **Drinkline.** National alcohol helpline. Call 0300 123 1110 or go to www.drinkaware.co.uk/advice-and-support
- **Alcoholics Anonymous.** Help and support for dependent drinkers. Call 0800 917 7650 or go to www.alcoholics-anonymous.org.uk
- **Frank.** Help, advice, and information about drugs. Call 0300 123 6600 or go to www.talktofrank.com
- **Turning point.** Drugs and alcohol support. Go to www.turning-point.co.uk
- **We Are With You.** Delivers drug and alcohol services in the community. Go to www.wearewithyou.org.uk

You can find out more about '**Drugs, alcohol, and mental health**' at www.rethink.org. Or call 0121 522 7007 and ask us to send you a copy.

What other help is there?

You can watch this a 6 minute video from the Traveller Movement - **Tell someone there is help out there.** You might find it helpful if your mental wellbeing is bad and you want support. Go to www.youtube.com/watch?v=rE0GU0p7iCE&t=338s

Rethink Mental Illness provides lots of services and support groups in England. Call 0121 522 7007 or go to www.rethink.org

You can also search for local help at the links below:

- **Local Minds.** Go to www.mind.org.uk/about-us/local-minds
- **Hub of Hope.** Go to <https://hubofhope.co.uk>

Other helpful organisations:

- **Friends, Families and Travellers.** A charity for Gypsy, Roma and Traveller people. They have a helpline and you can search for services. Call 01273 234777 or go to www.gypsy-traveller.org
- **The Traveller Movement.** A charity for Romani (Gypsy), Roma and Irish Traveller people. They have different projects and provide information. Call 020 7607 2002 or go to <https://travellermovement.org.uk>

Can I get social care?

- If you have a health condition or disability, you may be able to get support from social services.
- This could include help with everyday tasks, such as leaving the house, shopping, or preparing meals. This helps you live as independently and comfortably as possible.
- You can have an assessment from social services at your local authority.
- If you move to a new area, your old and new social services must work together to keep your care going. They should share your plans, talk to you, and make sure you still get the support you need.
- You can find your local authority here: www.gov.uk/find-local-council.
- You can find out more about **Social care assessment – Under the Care Act 2014** at www.rethink.org. Or call 0121 522 7007 and ask us to send you a copy.

Produced by **Rethink mental illness** advice service. **Phone** 0808 801 0525 Monday to Friday, 9:30am to 4pm, excluding bank holidays. **Webchat** service available. See www.rethink.org for our trusted and reliable advice and information **webpages**.

We would love your **feedback** on this factsheet. You can email us at feedback@rethink.org.



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