

MENTAL HEALTH AND WELLBEING

If you are struggling with your mental health, want some advice or just need someone to talk to, there are lots of places to get help and support:



Mind Nottinghamshire offer a wide range of mental health support from supported self help to counselling and therapy.

0800 470 0203 or **nottinghamshiremind.org.uk**

Nottingham and Nottinghamshire Talking Therapies is a free and confidential NHS treatment designed to help with common mental health issues such as stress, anxiety, and depression. You do not need to visit a GP, you can simply self-refer. **www.notts-talk.co.uk**

Campaign Against Living Miserably (CALM) is a free and confidential helpline for people who are feeling down or who have hit a wall for any reason. Call **0800 58 58 58** 5pm - Midnight, 365 days a year.

Young Minds provide resources and support for young people struggling with mental health as well as advice for parents and carers. **www.youngminds.org.uk**

EMERGENCY CRISIS SUPPORT

If you feel like you aren't able to cope anymore, remember you are not alone. There are people you can talk to who can offer support and advice.



Nottinghamshire Crisis Sanctuaries are a free service offering support, information and guidance to anyone 18 years or older in or nearing a mental health crisis.

Call **0330 822 4100** 4pm - 11pm, 7 days a week or visit www.nottinghamshirecrisisanctuaries.tv/visit

24 Hour Crisis Line can support in a mental health crisis at anytime of the day or night, and can arrange for you to speak with a mental health professional.

0808 196 3779 open 24 hours, 7 days a week

Papyrus work to prevent suicide and promote positive mental health in young people. HOPELINE247 is a free, confidential helpline for young people experiencing suicidal thoughts. Call **0800 068 41 41** at any time or visit

www.papyrus-uk.org

Samaritans offer support if you're feeling suicidal or unable to cope. Call **116 123** open 24 hours, 7 days a week

If you need immediate help or have seriously harmed yourself, you should call 999 immediately.