

Are you a young person under 18 and need urgent support with your mental health?

NHS 111 Option 2

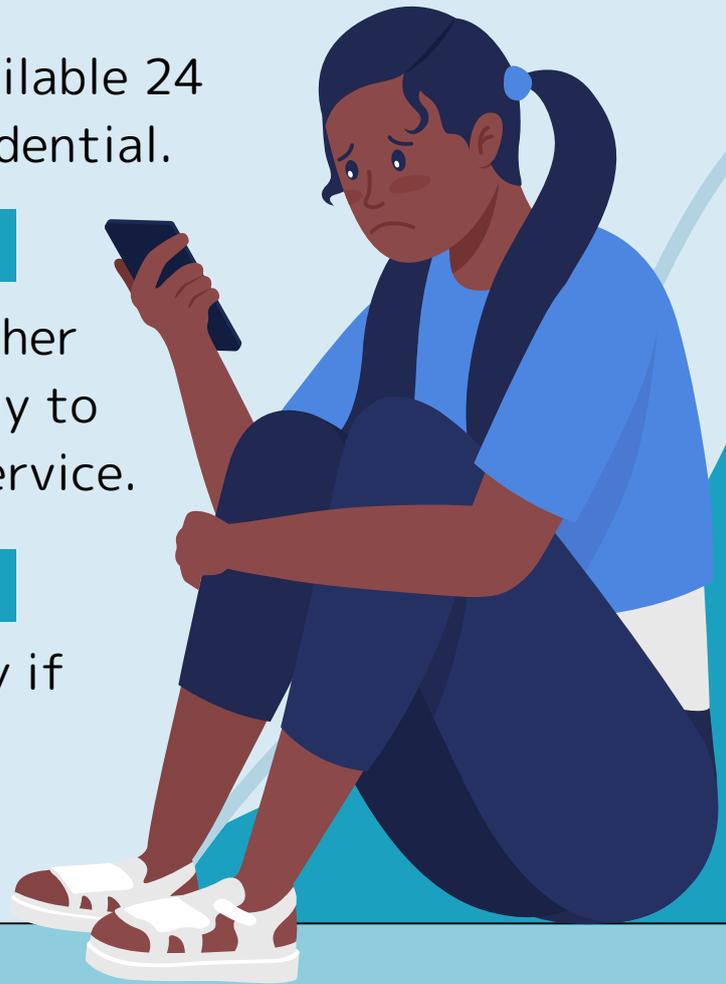
Call NHS 111 option 2 or visit www.111.nhs.uk. Support is available 24 hours a day. It is free and confidential.

Speak to a professional

Professionals such as your Teacher or your GP can refer you directly to an appropriate mental health service.

Accident and Emergency

Attend Accident and Emergency if you have a physical injury or a problem that's an emergency.



Did you know you can refer yourself for mental health support? You can receive support for anger, anxiety, bereavement, loneliness and more! Please visit www.myselfreferral-llr.nhs.uk or scan the QR code for more information.



For targeted support for young people, please visit www.healthforteens.co.uk or scan the QR code.

