NHS

Mental Health

Where to find the right support in Leicester, Leicestershire & Rutland for you or someone you care about

Non-Urgent

I need support for my mental health

Contact your GP Practice from 8am-6.30pm, Monday to Friday.

Call **0330 094 5595** for VitaMinds (talking therapy service).

Urgent

I need help with my mental health now

Call the Mental Health Central Access Point Freephone **0808 800 3302**, 24 hours a day, seven days a week.*

Call NHS 111 for physical, medical and mental health issues.

Visit a Crisis Café. Full list of venues on our website: **www.leicspart.nhs.uk/service/crisis-cafes/**

* Please note, this service can be busy at certain times and you may have to wait for your call to be answered.

Emergency

I have a health emergency

Call **999** if there is a threat to life.

Better Mental Health For all

CALL 111

vita health group

NHS Leicester, Leicestershire and Rutland