

# 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

24/7 support is available over the phone, call **NHS 111, mental health option**. This number is open 24 hours a day and is totally free and confidential.

You can also **text 0748 063 5199** and we will aim to get back to you within 12 hours.

Visit a Neighbourhood Mental Health Café. Full list of venues on our website:

[www.leicspart.nhs.uk/service/neighbourhood-mh-cafes](http://www.leicspart.nhs.uk/service/neighbourhood-mh-cafes)

## Emergency

I have a health emergency

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