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** NHS Talking Therapies.*

When life is difficult, **Samaritans** are here - day or night, 365 days a year to offer emotional support. You can **call them for free on 116 123.**

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 four hours.

Visit a Neighbourhood Mental Health Café. Full list of venues on our website: **www.leicspart.nhs.uk/service/neighbourhood-mh-cafes**

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