



NHS

Leicestershire Partnership

NHS Trust

Need urgent mental health support now?

Call
NHS 111 Select mental
 health option

If you, or someone you care about, need urgent advice or support for your mental health, help is available over the phone. **Call NHS 111, mental health option.** This number is open **24 hours a day, seven days a week** free of charge and in confidence.

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

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

In an emergency

If you are concerned about an immediate risk of harm – either to yourself or someone else – phone **999**.

You can also call **NHS 111** for physical, medical and mental health issues.
www.signvideo.co.uk/nhs111

Neighbourhood Mental Health Cafés

Drop in support for when you're struggling to cope

A safe, welcoming space where you can:

- Talk through what's on your mind with trained staff
- Find support for your mental health and wellbeing
- Get practical advice and coping strategies

Walk in. No judgment. No pressure.

Open 7 days a week, find out where and when by scanning the QR code below or visiting:

www.leicspart.nhs.uk/service/neighbourhood-mh-cafes

