

Support when you feel distressed
and hopeless and need to
talk to someone now

NHS

Leicester, Leicestershire
and Rutland

National 24/7 support:

Samaritans (all age): **116 123**

Silverline (age 55+): **0800 470 80 90**

Childline (ages 19 and under): **0800 1111**

SHOUT (text helpline): **text SHOUT to 85258**

Leicester, Leicestershire and Rutland support:

Visit or call a **Neighbourhood Mental Health Cafe**, for anyone aged 18+
Locations and opening hours: **www.bit.ly/LLRNMHCs**

Call NHS 111, mental health option, 24/7 advice and support

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

Ask your **GP practice** for an urgent appointment

Call 999 or go to A&E if yours or someone else's life is at risk

Please turn this card around to see other helpful numbers and services

I need help and support for:

Chat **Autism**, advice from professionals: **text 07312 277 097**

Cruse, **bereavement** support: **call 0808 808 1677**

Carers UK helpline: **call 0808 808 7777**

Step Change, **debt and money** advice: **call 0800 138 1111**

Alzheimers Society, **dementia** support: **call 0333 150 3456**

Domestic abuse national helpline: **call 0808 2000 247**

Turning Point, **drug and alcohol** support service: **call 0330 303 6000**

Farming Community Network helpline: **call 0300 0111 999**

LGBT Foundation, **LGBTQ+** helpline: **call 03453 303030**

Rape and sexual abuse, 24/7 helpline: **call 0808 500 2222**

OpCOURAGE, **veterans** emotional support: **call 0300 323 0139**

Tellmi, **virtual anonymous** mental health support: **visit www.tellmi.help**



joy

To find local support, groups and activities, visit LLRjoy.com