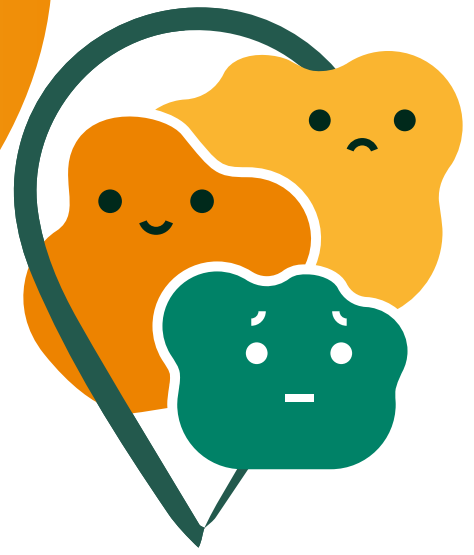


Finding the right mental health support...

START A CONVERSATION



Non-Urgent

Contact your GP Practice

To book an appointment with your doctor, mental health practitioner or social prescriber.

Start a Conversation

Signposts to a range of local and national services where you can get support, as well as offering suggestions for self-help.



Urgent

Central Access Point

24/7 free helpline for people of all ages in Leicester, Leicestershire and Rutland. **0808 800 3302**

*This service can be busy at times and you may have to wait for your call to be answered.

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

Neighbourhood Mental Health Cafés

The cafes are drop-in centres for anyone who needs immediate help with their mental health.

Your nearest Crisis Café:

To find another Neighbourhood Mental Health Café:

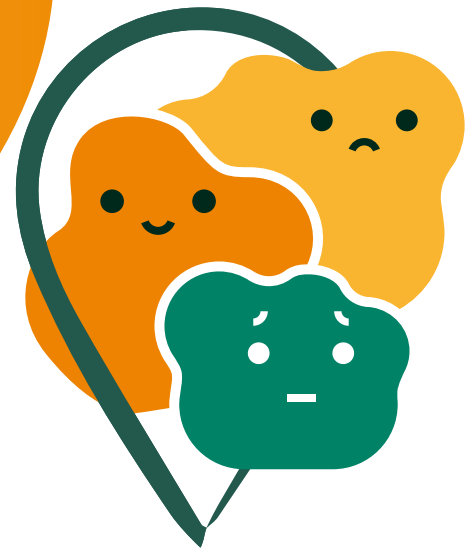


Emergency

Call 999 if there is a physical threat to life.

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