If you have concerns about your mental health, or are experiencing anxiety, stress or depression, there are services that can help.

Find out more about staying mentally well and all the support available across the county: keep-your-head.com/now
In a mental health crisis?

NHS First Response Services can help people of any age, at any time of day or night:

Call 111 and select option 2

Don't feel like talking?
Qwell offers online chat support and wellbeing advice:

www.qwell.io

Centre 33 offers mental health support for young people up to age 25:

centre33.org.uk

If you're feeling anxious or stressed, or worried about your or someone else's mental health call Lifeline Helpline:

0808 808 2121
Monday-Friday
9am-11pm
Weekends
2pm-11pm