

Local mental health support you can access today

In Herefordshire and Worcestershire



I want to keep a healthy mind.

Looking after yourself

Search '5 steps to mental wellbeing' on the NHS Choices website for simple tips on how to keep your mind healthy.

Community Services

List of local community services that offer information, advice, and tools.

Worcestershire –

Here2Help:
[SearchForHelp](http://www.worcestershire.gov.uk/SearchForHelp)
(www.worcestershire.gov.uk)

Herefordshire –

Talk Community:
www.talkcommunitydirectory.org



I'm struggling and have been for a couple of weeks.

Now We're Talking

Access to self-help guides and online courses. www.nowweretalking.nhs.uk

Qwell Free mental wellbeing support including online chat and forums. www.qwell.io

NHS Healthy Minds

Self refer for free online, group or 1:1 talking therapies. www.healthyinds.whct.nhs.uk

☎ Worcester: 0300 013 57 27

☎ Hereford: 01432 220 507

Visit your GP Practice Team

To discuss the best options for you, including access to specialist services.



I need urgent advice and support for myself or someone I know.

Call the free local NHS urgent mental health helpline:

☎ 0808 196 9127

If you need advice and support quickly (24 hours a day 365 days a year).

☎ **Call 999**

For free, if you are seriously injured, have taken an overdose or if there is an immediate risk to life.



You can also scan this QR code to access an online version in your own time.

Wellbeing and Recovery College For a wide range of courses designed to build new skills at any point on your journey. hwellbeingandrecoverycollege.org.uk

Useful national resources

MIND: www.mind.org.uk ☎ Samaritans freephone: 116-123 ☎ Text "SHOUT" to 85258