

Mental health and wellbeing support



It's normal to feel worried when times are hard, but if you are getting anxious and have low mood, don't forget to speak to your doctor, nurse, midwife or health visitor.

People living in Nottingham and Nottinghamshire can get mental health services including Talking Therapies and a 24/7 mental health crisis line Tel: **0808 196 3379**. You'll speak to a local health worker who will get you the right support.

Talking therapies can help with common mental health problems like stress, anxiety and depression. They are free on the NHS, and you can refer yourself.

If you live anywhere in Nottinghamshire, get in touch with Insight Healthcare Tel: **0300 555 5582**.

If you use British sign language Sign Health can help Tel: **01494 687 606**.

There's more information at notts.icb.nhs.uk/your-health/mental-health/

The Samaritans phone line is open 24/7 Tel: **116 123**. It's free from any phone.

The Silver Line Tel: **0800 470 8090** is a free confidential helpline for older people and is open 24 hours a day, every day of the year.

If you're a mum or dad with a child under five and have low mood, a PHEW (Parents Health and Emotional Wellbeing) Group at your Children's Centre might be helpful. Call in to your local Children's Centre or ask the Customer Service Centre on **0300 500 8080**

If you're a young person get someone you trust to look at the Nott Alone website nottalone.org.uk/about?a=yp.