

SOMERSET'S 24/7 MENTAL HEALTH HELPLINE



INTRODUCING SOMERSET'S HELPLINE

For the first time in Somerset, young people, parents and carers will be able to access support and advice for mental health 24/7.

At this time of uncertainty and ongoing challenges to our daily lives, we recognise the importance of keeping ourselves emotionally well and getting the right support for our Mental Health.

The opportunity to talk to someone who can listen, advise and support on how to take care of ourselves and ones we care for, is of vital importance.

Somerset NHS Foundation Trust's CAMHS and Young Somerset have joined with Somerset's Mindline in partnership with Mental Health Alliance to provide a Somerset Mental Health Helpline.

**IF YOU WOULD LIKE TO ACCESS THE SOMERSET
HELPLINE PLEASE CALL 01823 276892**

WHAT IS THE HELPLINE?

- Telephone support service accessible 24 hours a day, 7 days a week
- Open to all ages
- Support with emotional and mental health

Through the helpline callers will have immediate access to:

- One to one confidential, emotional support
- Advice on healthy coping skills and resources
- Introduction to useful apps and websites

