

Mental Health

Where to find the right support in Leicester, Leicestershire & Rutland for you or someone you care about

Non-Urgent

I need support for my mental health

Contact your GP Practice. 8am-6.30pm, Monday to Friday.

Call **0330 094 5595** for VitaMinds (talking therapy service).

Urgent

I need help with my mental health now

*Call the Mental Health Central Access Point Freephone **0808 800 3302** 24 hours a day, seven days a week.

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

Visit a Crisis Café. Full list of venues on our website: www.leicspart.nhs.uk/contact/urgent-help

Emergency

I have a physical health emergency

Call **999** if there is a physical threat to life.

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If you would like this poster in a different language or format such as large print, Braille or audio, please visit Urgent mental health help - Leicestershire Partnership NHS Trust (leicspart.nhs.uk)