NHS

START A CONVERSATION **SUICIDE** *is preventable*

Getting the right mental health support for you during COVID-19

**If you have questions like the ones below,
or you know someone who does, help is at hand.**

> "I feel like life is not worth living and I don't know where to turn. What should I do? Who can help me?"

If the situation is life-threatening or an emergency, call 999 or go to A&E immediately.

If your situation is urgent but not life-threatening, call the **24-hour NHS Central Access Point on 0116 295 3060**.

Make an **urgent appointment with your GP** – telephone appointments are widely available.

> "I am struggling to cope and feeling down. What can I do?"

Call Turning Point Crisis House on 0808 800 3302.

Search "Let's Talk Wellbeing" and self-refer to the **NHS talking therapy for Leicestershire.**

Contact your GP for an appointment over the phone or online, and rest assured: your mental health is a completely valid reason to speak to a doctor.

> "I am feeling more worried than usual. How can I improve my mood?"

There are many different things you can do from home to improve your mental health and mood – search **"Five Ways to Wellbeing"** for tips on how to connect, be active, take notice, learn and give.

Public Health England and NHS England have issued guidance on the mental health and wellbeing aspects of COVID-19 – go to **www.gov.uk or www.nhs.uk.**

Self-help resources for managing your mental health are available **online from Mind, Every Mind Matters** and others.

During this time of social distancing and isolation, please remember, you are not alone.

The right support for you or your loved ones is just a click or a phone call away.

For further support on where to turn if you're struggling, feeling lonely or worried about drug or alcohol use, go to

www.startaconversation.co.uk

Remember to follow Government guidelines on social distancing at all times

Leicestershire County Council | Leicester City Council | Rutland County Council | Leicestershire Police Protecting our communities | **NHS** Leicestershire Partnership NHS Trust

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