

NHS Mental health support services



We all feel upset or distressed at some point.



Sometimes we can cope on our own.



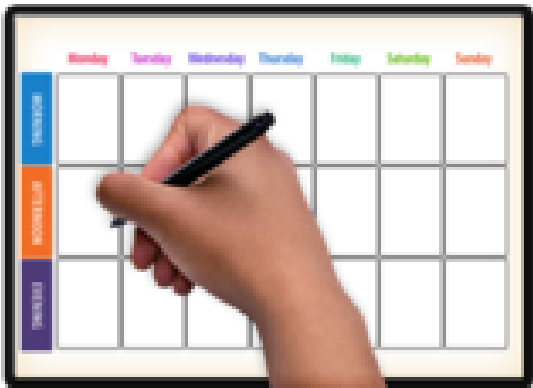
But, sometimes, we need help from a professional.



It is important to talk to someone...



...if you are worried about how you are feeling.



Or, if for longer than a few days, you feel very:



Sad, low, angry, anxious, upset or stressed



Or anything else that feels hard to manage.



If you do feel like this, tell someone you trust.



You can talk to your doctor.



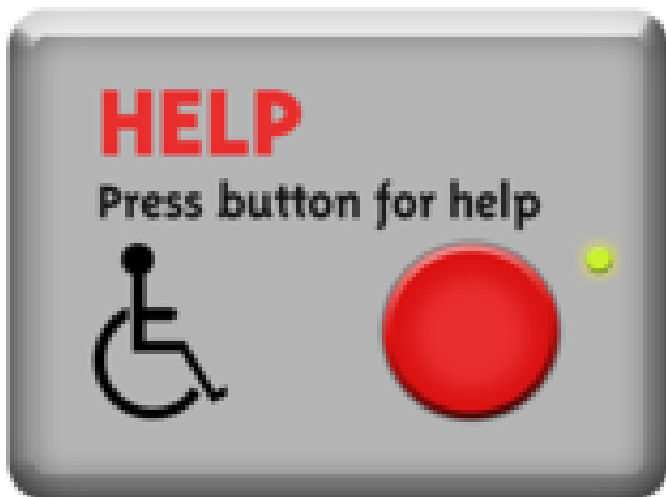
Or, you can call 'Back on Track' on **0300 123 1156** –

they are NHS counsellors.





Or, in an emergency, you can call our Single Point of Access service on **0800 0234 650** –



they will listen and try to help you feel better.



Now



If you want to talk to someone in private now, you can also ring the Samaritans free on **116 123**.