

Mental Health & Wellbeing Support Card

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First...

Pause and breathe

What can you do to help yourself?

Who can you talk to?

Who is in your support network?

For more tips, visit:
www.lpft.nhs.uk/self-care

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Then...

- Mental Health Matters helpline
- Here4You helpline
- SHOUT
- Samaritans
- Night Light Cafés
- HAY Lincolnshire

Flip over for information 

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If...

If you need urgent help, call 111

For an emergency, call 999



Mental Health Matters - 0800 001 4331

24/7 confidential emotional & mental health support line



Here4You - 0800 234 6342

24/7 mental health & wellbeing advice for children and young people, their families and carers



SHOUT - Text: 'SHOUT' to 85258

Free 24/7 mental health crisis helpline



Samaritans - 116 123

Whatever you're going through, a Samaritan will face it with you



Night Light Cafés - 0300 011 1200

Here to listen to you. Out-of-hours support service



HAY Lincolnshire - haylincolnshire.co.uk

Find local resources to help boost your wellbeing