

# Support for your mental health

## Looking after yourself



**There are little things you can do to look after your mental health.** Just a few simple changes can help improve your mood and cope with life's challenges.

With the Every Mind Matters online platform, you can get free expert advice and practical tips to help you look after your mental health and wellbeing.

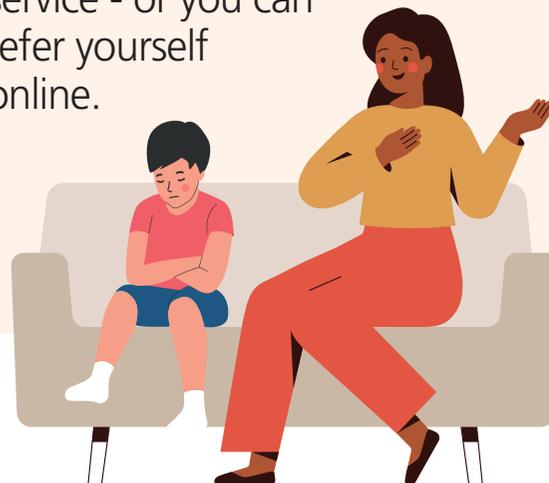


## Talking therapy



**If you feel stressed, anxious or depressed, you might struggle with work, life or relationships.** NHS talking therapies, also known as IAPT, can help. Search [nhs.uk/talk](https://www.nhs.uk/talk)

Your GP can refer you to your local NHS talking therapies service - or you can refer yourself online.



## Crisis



**If you or another person is experiencing a mental health crisis, you can call your local NHS urgent mental health helpline for 24/7 advice and support.**

Find urgent help for mental health on: [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth)

**If someone's life is at risk or they cannot be kept safe, call 999 or go to A&E.**