

Information on mental health and wellbeing and knowing where to go for help

Self care techniques and general lifestyle changes can help manage the symptoms of many mental health problems.

Click [here](#) to read more on Mental health and wellbeing, which contains lots of useful information if you are feeling stressed, anxious or depressed, or you just want to feel happier.

Knowing where to seek help from can also be fundamental in helping the way you feel.

Aged between 11-19 years old? Visit KOOOTH.com for free, anonymous and confidential online counselling and emotional well-being support service.

If you are over 18 and need urgent support call NHS 111 who will direct you accordingly.

Call 0300 365 200 to make a self-referral to Talking Therapies.

Call the Common Point of Entry on 0300 365 0300 if your concern is more urgent.

If you need someone to talk to, call the Samaritans free on 116 123 (24 hours a day, 365 days a year).

In an emergency, or if someone is in immediate danger, call 999 straight away.