

Struggling with mental health and need help?

If you or someone you know is struggling, or you want to talk about mental health, please reach out. You're not alone and support is available.

Mental health support:

Hinckley & Bosworth
Borough Council

- **Childline** - Call **0800 1111** (24/7)
- **The Mix** - Call **0808 808 4994** or text **THEMIX** to **85258** (24/7)
- **Papyrus** - Contact **HOPELINE247** - Call **0800 068 4141** or text **0786 003 9967** (24/7)
- **SHOUT** - Text **SHOUT** to **85258** (crisis 24/7)
- **NHS Central Access Point** - Call **0808 800 3302** (24/7) for urgent but not life threatening situations
- **Samaritans** - Call **116 123** (24/7)
- **LGBT Foundation** - Call **0345 3 30 30 30** for advice, support and information for LGBTQ+ individuals
- **Beat Eating Disorders** - support for anyone with or anyone supporting someone with an eating disorder **Beat Services in England** - **Beat** (beateatingdisorders.org.uk)
- **Local GP** - Find a GP - NHS www.nhs.uk/service-search/find-a-gp

Mental health information:

- Kooth - www.kooth.com
- Rethink Mental Illness - www.rethink.org
- YoungMinds - www.youngminds.org.uk
- Mind - www.mind.org.uk
- The Mix - www.themix.org.uk
- Sane - www.sane.org.uk

Apps:

- **Samaritans self help** - get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis
- **Headspace** - learn meditation and mindfulness skills
- **Daylio Journal** - Focus on your sleep, food, health and create new goals
- **Student Health App** - reduce your worries, feel more confident and get the health information you need as a student

If you are in an emergency or life threatening situation call **999**

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