

# Mental Health Support in Herefordshire and Worcestershire



Herefordshire and Worcestershire  
Health and Care  
NHS Trust

## Support in a mental health crisis

The 24 hour Mental Health helpline offers advice, support and if suitable assessment for people experiencing a mental health crisis.

Callers can expect to speak to mental health advisors and/or trained mental health clinicians who will be able to listen to your concerns and help make appropriate plans with you.

Anyone already in receipt of mental health support should try to speak to their usual team before calling the Crisis Team.

**Crisis Resolution Team - 0808 196 91 27**

(24 hrs a day 365 days a year)

**Call 999 or go to A&E now if:**

- Yours or someone's life is at risk – for example, they have seriously injured themselves or taken an overdose
- You do not feel you can keep yourself or someone else safe

## Support for common mental health difficulties

If you are experiencing feelings such as stress, depression or anxiety there is lots of support available for you.

Healthy Minds is a non-emergency self-referral service and can support people to access talking therapies, group support or online courses to support their mental wellbeing. For more information visit - [www.healthyminds.whct.nhs.uk](http://www.healthyminds.whct.nhs.uk)

**Worcestershire Healthy Minds -  
0300 013 57 27**

**Herefordshire Healthy Minds -  
01432 220 507**

(Monday to Friday 9am-5pm exc Bank Holidays)

**Silver Cloud -  
[whc.silvercloudhealth.com/signup](http://whc.silvercloudhealth.com/signup)**

SilverCloud is an online therapy programme proven to help with stress, anxiety, low-mood and depression. Use code HEREFORDSHIRE or WORCESTERSHIRE to access the modules.

## Additional mental health and wellbeing support

### **Samaritans**

116 123 (24 hours a day, free to call)  
24-hour emotional support

### **Mind**

0300 123 3393 (9am-6pm Monday to Friday) or  
Confidential mental health information services

### **CALM (Campaign Against Living Miserably)**

0800 58 58 58 (5pm-midnight)

Provides listening services, information and support for men at risk of suicide.

### **Young Minds**

Text YM to 85258

24/7 support across the UK if you are a young person experiencing a mental health crisis.

### **Kooth**

[www.kooth.com](http://www.kooth.com)

Online counselling and emotional well-being platform for children and young people

### **ChatHealth**

Support for people aged 11-19 accessed by texting 07507331750.

For information, support and guidance visit [www.nowweretalking.nhs.uk](http://www.nowweretalking.nhs.uk)