

# Need to talk? We're always open.



**Open**

Mental  
Health

Open Mental Health provides the support you need, when you need it.

**Call Mindline Somerset anytime, day or night.**

Local: **01823 276 892** Freephone: **0800 138 1692**

# How we can help you

If you live in Somerset and are struggling with your mental health, we're here for you anytime.

Open Mental Health offers free assistance and support to help improve mental health. Services include access to mental health nurses, wellbeing and peer support workers, counsellors, occupational therapists and benefit and housing advisors.

You can call our friendly team at Mindline Somerset anytime, day or night:

Local: **01823 276 892** or

Freephone: **0800 138 1692**.

Our expert staff will then work with you to tailor support to your needs. Alternatively, your GP, social worker, or another healthcare professional can make a referral.

While most Open Mental Health services are for adults, Mindline Somerset is available to people of all ages and will connect you with appropriate support, regardless of age.



**“...I phoned Open Mental Health when I was feeling really anxious and didn't know where to turn. They gave me great advice, and I felt like the person on the phone understood and cared. I'm glad we have this service.”**

Hayley, Somerset

## Need urgent support?

If you're facing a mental health crisis, don't suffer in silence — Crisis Safe Space is an out-of-hours service for anyone struggling with their mental health. Instead of going to A&E or making an urgent doctor's appointment, you can arrange a one-to-one session with a Crisis Safe Space team member by calling the numbers below or visit [openmentalhealth.org.uk/crisis-safe-space](https://openmentalhealth.org.uk/crisis-safe-space).

## Get in touch to find out how we can help

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You can also contact us via the Open Mental Health website. Visit [openmentalhealth.org.uk/contact-us](https://openmentalhealth.org.uk/contact-us) or scan the QR code.



Open Mental Health is an alliance of local voluntary organisations, the NHS, Somerset Council, and people with lived experience of mental health, providing round-the-clock support in Somerset.