

Open
Mental
Health

What is the Open Mental Health Offer?

Open Mental Health is an alliance of community organisations, the local council and the NHS working together to support mental health in Somerset.



Mindline Somerset

Mindline provides mental health support 24 hours a day, 7 days a week. It is a confidential listening service. Patients can call whether they need a chat or are struggling their mental health.



Crisis Safe Space

Crisis Safe Space is an out-of-hours service for anyone struggling with their mental health. Arrange a one-to-one session either face-to-face or virtually, depending on the location.



Online Groups & Courses

Connecting with people who understand what we're going through can make a big difference to our mental health.



Our Localities

Discover what Open Mental Health is doing in your area and learn about our four locality hubs.



How to Refer to OMH

If you are a GP, social worker, or other healthcare professional, find out how to refer patients and clients.



Referral Guidance

This guidance sheet uses clear examples to show you exactly how to fill out a referral form, helping us gather the right details.



Need to talk? We're always Open.

Call our team at Mindline Somerset anytime, day or night.

Lots of things can impact our mental health. If you are an adult living in Somerset and need support, we are here to help 24 hours a day, 7 days a week.

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