

Mental health support for adults

in Herefordshire and Worcestershire



I'm feeling okay - Looking after your wellbeing

The **Herefordshire and Worcestershire Wellbeing and Recovery College** offers a wide range of courses and workshops designed to support your mental wellbeing. They are free and open to everyone living in Herefordshire or Worcestershire: www.wellbeingandrecoverycollege.org.uk

Directories of local community services and support:

Herefordshire:
www.talkcommunitydirectory.org

Worcestershire: www.worcestershire.gov.uk/community-services-directory



I have feelings of stress, anxiety or low mood

NHS Herefordshire and Worcestershire Talking Therapies provides groups, courses and 1:1 support for people across Herefordshire and Worcestershire. Their website hosts a range of information, signposting and resources for anyone struggling with their mental health: www.talkingtherapies.hwhct.nhs.uk

Qwell is an online platform that offers free, safe, and anonymous mental wellbeing support: www.qwell.io

Text **"WOO"** in Worcestershire or **"HERE"** in Herefordshire to **85258** to access **Shout**, a confidential, 24/7 text service that offers real-time support to people who are anxious, stressed, depressed, suicidal or overwhelmed.



I'm worried I might hurt myself or someone else

Call the **Herefordshire and Worcestershire urgent mental health helpline**, open to people of all ages and family/carers.

0808 196 9127

(Available 24 hours, 365 days a year)

If you are seriously injured, have taken an overdose or if you are at risk of immediate harm, **999** or go to your **nearest emergency department**.

If it's not a life threatening emergency, but you need urgent medical advice visit: 111.nhs.uk

Other services that can help

- Call 116 123 or email jo@samaritans.org to talk to Samaritans
- Text **"WOO"** in Worcestershire or **"HERE"** in Herefordshire to 85258 to contact the Shout Crisis Text Line



Scan the QR code to access support and information online.