

Mental wellbeing

Do you have concerns about your mental wellbeing? This could include symptoms such as low mood, stress or anxiety. Take a look at resources below which may help.

Emergency no: 0808 196 4501

Shropshire Mental Health Support

Provides support and services to people in Shropshire living with mental health challenges. They provide 24/7 telephone support, peer support groups and cafes. The Wellbeing Vehicle provides direct support to individuals in crisis. Follow the link below for more information or call them on 01743 368647. <https://www.shropshiremhs.com/>

Self-refer for talking therapies

This is a free NHS service for people aged 16 and over which provides talking therapies for common mental health problems such as anxiety and depression.

For more information or to self-refer call [0300 123 6020](tel:03001236020) or follow the link to self-refer and for further resources :<https://www.mpft.nhs.uk/services/talking-therapies/stw-talking-therapies>

5 steps to mental wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. See more information here: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Samaritans

If you're having a tough time and need someone to speak to call the Samaritans any time for free: 116 123

Mind charity

For information on and support for mental health matters <https://www.mind.org.uk/about-us/what-we-do/>

No panic

A charity which helps and supports those living with Panic Attacks, Phobias, obsessive compulsive disorders and other anxiety related disorders. Helpline everyday 10 am-10 pm
0300 772 9844

BeeU

Provides emotional wellbeing and mental health services for children and young people 0-25. Follow the link below for more information and further resources:
<https://www.mpft.nhs.uk/services/children-and-young-people>

Kooth

Online CTB for 11-25 year olds. Get free, safe and anonymous support.

<https://www.kooth.com/>

Papyrus

A charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. <https://www.papyrus-uk.org> or 0800 0684141

Young Minds

A charity for young people with mental health concerns <https://www.youngminds.org.uk>

Shout

Text shout to 85258 any time day or night to start a conversation with a trained volunteer
<https://giveusashout.org/get-help/how-shout-works/>