

Adult Mental Health Support Hull and East Riding

What do you need?

I need help now!
I don't feel myself,
I'm confused, I'm scared,
I'm struggling to make
sense of what's happening,
I don't feel safe, I don't
feel in control.

Mental Health Support when you are in Crisis...

You can call the Mental Health
Advice and Support Line on
0800 138 0990 who can put you
in touch with the **Crisis
Intervention Team** if needed, to
carry out a mental health
assessment so that you are able
to get the support that will best
meet your needs

Supporting yourself...

Do you need to be kinder to yourself?
Do you need to connect with others through linking
in with a local group? Some people find learning a
new skill helpful or simple pleasures, such as being
around nature. **Contact your local Recovery and
Wellbeing College** to find out more about what you
can do to maintain good mental health at
www.humberrecoverycollege.nhs.uk or you can visit
www.mind.org.uk for further advice and support

I need to remind
myself of the
things I can do that
I know will help

I need somebody to
help me understand and
manage my mental
health to help reduce
the symptoms I am
experiencing so that
I can feel well...

Mental Health Support within your local Community

You can contact your GP or
the Mental Health Advice
and Support line on **0800 138
0990** to be put in touch with
your Primary Care Mental
health Network who are a
team of mental health
professionals who can work
with you to assess your
needs, provide support and
get you the help that you
need to move forwards.

I need somebody to
listen and to help me
understand my
feelings or difficulties
so that I can move
forwards...

Somebody to talk to...

- You can organise to speak to a counsellor
through contacting www.letstalkhull.co.uk
if you have a Hull GP or
<https://iaptportal.co.uk/erew.html> if you are in
the East Riding
- The Samaritans provide a 24 hour service if you
need someone to talk to call free on 116 123



Caring, Learning
& Growing Together

