

## Do you need support for your mental health?

If you or someone you know is needing support, or you want to talk about mental health, please reach out. You are not alone, and support is available.

### Emergency:

- Call 999 if there is a threat to life.

### Urgent:

- 24/7 support is available through NHS 111, Option 2
- Visit a Neighbourhood Mental Health Café:  
**Earl Shilton:** Every Monday, 11am-1pm and 2pm-4pm  
The Stute (Earl Shilton Social Institute), 12-14 Station Road, Earl Shilton, LE9 7GA  
**Hinckley:** Wednesdays, 1pm-7pm  
Hinckley Baptist Church, Baptist Walk, Hinckley, Leicester, LE10 1PR

### Non-Urgent:

- Contact your GP Monday-Friday 8am-6.30pm
- Call Vita Health (NHS Talking Therapies) 03300945595
- Visit Joy to view more services within Hinckley & Bosworth  
**Joy Website:** [llrjoy.com](https://lrjoy.com) or scan the QR code.

Hinckley & Bosworth  
Borough Council



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# Other Contact Numbers:

Here is a list of other numbers you could contact if you are finding that you need support for your mental health.

- **24/7 support is available over the phone: Call NHS 111 – Option 2**
- **Beat Helpline** (Eating Disorders): Call **08088010677** (Open 3pm-8pm Weekdays)
- **CALM Helpline:** Call **0800585858** (Open 5pm-12am Daily)
- **Carers UK Helpline** (Unpaid Carers): Call: **08088087777** (9am-6pm Weekdays)
- **Combat Stress Helpline** (Veterans): Call **08001381619** (Open 24/7)
- **Gambling Harms - East Midlands** (Gambling Support): Call **0300 013 2330**
- **HBBC Domestic Abuse Outreach Service:** Call **01455238141** or **07966202181**
- **LAMP Advocacy:** Call **01162556286** (Open 9.30am-5pm Monday to Friday)
- **Mind Supported Self-Help:** Call **01162164340**
- **Mental Health Matters Helpline:** Call **03003230187** (Open 24/7)
- **Samaritans:** Call **116123** (Open 24/7)
- **SANeline:** Call **03003047000** (Open 4pm-10pm Daily)
- **SHOUT:** Text SHOUT to **85258** (Open 24/7)
- **Switch Board Support Line** (LGBTQIA+): Call **08000119100** (Open 10am-10pm Daily)
- **The Silver Line Helpline** (Aged 55+): Call **08004708090** (Open 24/7)
- **Turning Point** (Drugs & Alcohol Support): Call **03303036000**
- **Vita Health** (NHS Talking Therapies): Call **03300945595** (Open 8am-8pm Monday to Friday)

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