

Open

Mental
Health

**Lots of things can impact
our mental health
at any time.**

If you need out of hours support

Crisis Safe Space offers

one-to-one appointments for residents of Somerset who are really struggling with their mental health.

We currently run sessions in Bridgwater, Yeovil, Taunton and across Mendip, either face-to-face or virtual.

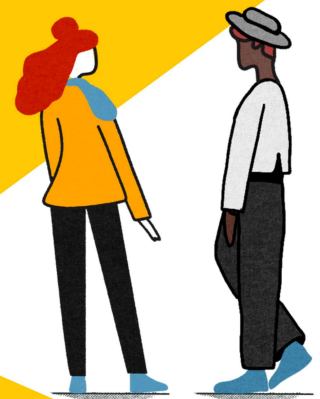
You can find up-to-date locations and session times on the Open Mental Health website

www.openmentalhealth/org.uk/crisis-safe-space

**To book a Crisis Safe Space session
call Mindline Somerset**

locally on 01823 276892

or freephone 0800 138 1692



Please note we cannot support anyone under the age of 18 or under the influence of drugs or alcohol.

Crisis Safe Space is offered as part of Open Mental Health, an alliance of local voluntary organisations, the NHS and social care, Somerset County Council, and individuals with lived experience of mental health.

We are working together to improve the way adults in Somerset receive support with their mental health. Ensuring that people get the help they need, when they need it.

**Open Mental Health offers support
24 hours, 7 days a week.**

If you need support with your
mental health call Mindline Somerset
locally on 01823 276892
freephone on 0800 138 1692
or you can email
support@openmentalhealth.org.uk

**To find out more about Open Mental Health
visit our website www.openmentalhealth.org.uk**