

SUPPORT SERVICES

NUMBERS
TO CALL



Central Access Point

☎ 0808 800 3302

Call for urgent mental health needs or when you are in crisis.
This number can be also used by friends or family.

Available 24hrs.

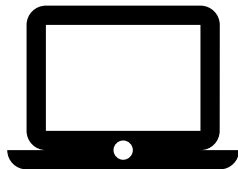
Samaritans

☎ 116 123

A free, **completely confidential** number to call when you need
to talk to someone. **Available 24hrs.**

Harmless

Harmless is a centre dedicated to self-harm and suicide support
and prevention.



Their website is full of resources
for anyone needing support as
well as friends and family
members.



www.harmless.org.uk

SCAN ME

*Self
referral
form* ↘



They offer face-to-face
sessions to anyone in
Leicester, Leicestershire
and Rutland. They have a
self-referral form on their
website.

Quell

Free digital mental wellbeing support for adults across the UK.



- Chat to a practitioner
- Connect with community
- Use guided self-help

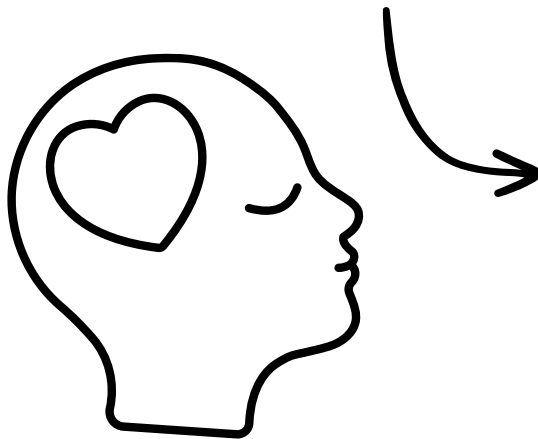
www.qwell.io

Please be aware!

To use Quell, you have to create an account (which is completely anonymous).

Mind

A mental health charity that provides advice and support to empower anyone experiencing a mental health problem.



www.mind.org.uk

relate

Leicester, Leicestershire
& Rutland

