

Mental Health Helpline now available 24/7 to support Somerset communities

Somerset NHS Foundation Trust's CAMHS and Young Somerset are joining forces with the Mental Health Alliance to deliver a 24/7 Mental Health Helpline. Expanding on the existing successful Somerset Mindline service, the round-the-clock helpline will make it quicker and easier for people in Somerset to get the right advice they need for their mental health and wellbeing.

Open 24 hours a day, seven-days a week, it is open to people of all ages who need urgent mental health support. **The helpline on 01823 276892** is the **first port of call for mental health help** – it is operated by people in your local area who will know how best to support you. They are providing second-stage support to Mindline call handlers where the needs of children & young people may need further, on-going support. Both CAMHS and Young Somerset have access to their own provision and can guide, support and broker a range of partner services for callers. For more information, please visit [here](#).