



**Do you feel you are in
a mental health crisis?**

Then call our **First Response Service**

**Call 111 and
press option 2**

The **First Response Service** puts your mental health first. It provides 24-hour access, seven days a week, 365 days a year, to mental health care, advice, support and treatment.

By calling 111, and selecting option 2, you will be put through to a member of the FRS who will speak to you and discuss your current mental health needs.

