



# Support with your mental health.

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For information and resources, try the Every Mind Matters programme:

<https://www.nhs.uk/oneyou/every-mind-matters/>

For treatment and support, visit your GP or visit the NHS website to find details of your local IAPT service.

If you feel suicidal, immediately seek support from 111, 999 or The Samaritans on 116 123.