NHS SCOTLAND

Do you feel like everything is too much?

Find out about some support you can get if you feel very upset, sad or worried.

This is called mental health support.

Mind to Mind

NHS SCOTLAND

Healthier Scotland
Scottish Government

If you need mental health support quickly

1. You should get in touch with your doctor when they are open.

2. Or you can speak to someone from the NHS who knows a lot about mental health. They can help you decide the best support for you.

This support is called the **NHS24 mental health hub.**

Call **111** anytime for this support. Choose the mental health option.

3. Or you can call **Breathing Space** for free on 0800 83 85 87.

You can talk to them in private about how you feel if you are over 16.

They are open Monday to Friday 6pm to 2am.

And Saturday and Sunday 4pm to 12am.

4. If you need mental health support very quickly and you might be in danger call 999.

There is more information on this website.
It is not in easy read: NHSinform.scot/MindtoMind

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