

# Mental wellbeing support for **you and your family**

It is normal to feel stressed and overwhelmed during uncertain times. Taking care of your mental health is important.

If you feel low, worried or anxious, or concerned about your finances, your health or those close to you, help is at hand.

**If you are over 18, and registered with a Plymouth GP, the following services are available ...**

**Plymouth Options** can support you for common mental health problems such as depression, stress and anxiety. Their website has a number of self-help resources and you can access support via a 24/7 online referral form, available on their website.



[www.plymouthoptions.com](http://www.plymouthoptions.com)



[plymouthoptions@nhs.net](mailto:plymouthoptions@nhs.net)



**01752 435419 (Mon – Fri, 9am - 5pm)**

*Please note that there may be a delay in response in telephone referrals at this time*



**First Response** is a 24/7 support and signposting service provided by mental health professionals. It is available for people experiencing a mental health crisis.



**Call 0800 923 9323**

*If all lines are busy, your call will be placed in a queue*

**Livewell**  
Southwest

*We support people to lead independent, healthy lives*