

Support for Adults

Local mental health support you can access today in Bath, Swindon and Wiltshire.

I want to keep a healthy mind.

Looking after yourself

Search '5 steps to mental wellbeing' on the NHS Choices website for simple tips on how to keep your mind healthy.

Community Services

Find out what your local community services offer, information, advice, events and activities that help you improve your health and wellbeing.

- Bath and North East Somerset - www.communitywellbeinghub.co.uk
- Swindon - www.swindon.gov.uk/info/20139/live_well_swindon_hub
- Wiltshire - www.adults.wiltshire.gov.uk/Services/1544/Wiltshire-Wellbeing



I'm struggling and have been for a couple of weeks.

AWP Self Help Guides

Access to self-help guides and resources.

www.selfhelpguides.ntw.nhs.uk/awp/SelfHelp

NHS Talking Therapies

Self-refer for free to online, group or 1:1

www.awp.nhs.uk/our-services/talking-therapies

Visit your GP Practice Team

Discuss the best options for you, including access to specialist services.



I need urgent advice and support for myself or someone I know.

Local Support

If you need help right now, call AWP's 24-hour urgent response line free on **0800 953 1919**.

Call **111** if you are experiencing an immediate mental health crisis.

Call **999** if you are seriously injured, have taken an overdose or if there is an immediate risk to life.



Useful national resources

- **MIND**
- Samaritans Freephone: **116 -123**
- Text '**SHOUT**' to **85258**