

A young woman with red hair and freckles, wearing a black headset with a microphone and a blue lanyard with 'NHS' written on it. She is looking slightly to the right with a calm expression. The background is a blurred office or call center environment.

If you, or someone you know is
experiencing a mental health crisis,

Call 111 Select
Mental
Health
Option

Scan to find
out more:



HERE

TO

HELP