

Autumn Lockdown: Mental Health Information, Advice & Guidance Telephone Hotline.

Have you got a question about local mental health provisions but don't know who to ask.

Are you unsure of what mental health support is available to you locally?

Maybe you would like to share your experience of local mental health services with us.

We know that lockdown can be an isolating and confusing time and it can be difficult to know what help is out there.

Our lockdown hotline is open for information or advice on where you can find the support you need.

If you live in Waveney and need advice for yourself or someone you care for, give us a call.

For more information, please visit or email us:

**www.accessct.org/waveneyleaf
waveneyleaf@accessct.org**

If you or anyone experiences a mental health crisis, call 999 or NHS First Response on 0808 196 3494



Lived Experience
Advisory Forum

Leaf Waveney Forum is a safe space to ask questions.

Find out information about mental health

Sign up, learn new skills & learn about opportunities

Become a LEAF Community Champion

Come and share what you know.

Please call Or Text
07779 002013

Monday & Tuesday
10:00—16:00

(From 9th Nov 2020)

