

Urgent help

-Immediate and Urgent help if yours or someone's life is in danger call [999](tel:999)

-Local NHS urgent mental health helpline for Sheffield: on [0808 196 8281](tel:08081968281) (calls are free from a landline or mobile) or [0114 226 3636](tel:01142263636)

Help is available 24 hours a day, 7 days a week.

Signposting

Call [0114 273 7009](tel:01142737009) to ask about mental health support services or e-mail: mhguide@sheffieldflourish.co.uk to ask about support services and get signposting advice.

Other Useful numbers

Cruse Bereavement Helpline: [0808 808 1677](tel:08088081677)



www.darnallwellbeing.org.uk

Follow us on social media:



@darnallwb

Telephone: [0114 2496315](tel:01142496315)



Helping the people of
Darnall & Tinsley stay
healthy





Mental health issues can affect anyone, and Mental Health Awareness Week is an opportunity for people to talk about any aspects of mental health.

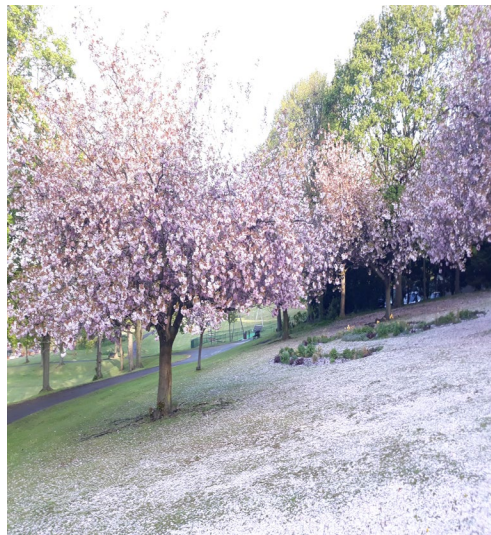
This year's theme is nature. Nature has benefits for our mental health and wellbeing. Nature can reduce stress and help bring connection with the world and each other.

At Darnall Wellbeing we are encouraging people to connect with nature; that could be by combining this with the benefits of physical activity and getting out for a walk, sitting in your garden, looking out of your window or looking after any plants you have in your home.

Next time you connect with nature, have a think about what you hear, smell or see. We would love you to share this with us, send us any pictures or let us know how it made you feel and any benefits it had.

Send any photos to dwb.enquiries@darnallwellbeing.org.uk

Or tag us in your photos on social media: [@darnallwb](https://www.instagram.com/darnallwb)



Look after yourselves and each other.

You are not alone and lots of services are available to help and support - we have listed just a few....

MENTAL HEALTH USEFUL CONTACTS

Speak to your own GP or Mental Health worker (if assigned one)

Helplines

[Sheffield Rethink Helpline](#)

Available 24 hours a day, seven days a week, the Sheffield Rethink Helpline can offer advice to anyone struggling with their mental health. You can call them on [0808 801 0440](tel:08088010440). Calls are free from a landline or mobile.

-Mind Infoline
[0300 123 3393](tel:03001233393)/Email: info@mind.org.uk

Infoline provides an information and signposting service. Open 9am to 6pm, Monday to Friday (except for bank holidays).

-For a listening ear, or just someone to talk to, the [Samaritans](#) are open 24 hours a day, 7 days a week. You can call them on [2767277](tel:2767277) or [116 123](tel:116123) (Freephone) or email jo@samaritans.org

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