






East Herts

## MENTAL HEALTH SUPPORT: WHERE TO FIND HELP

Locally:

### Bishop's Stortford

	<b>Herts Mind Network</b>
	<b>02037 273600 (option 4)</b>
	<b>The Wellbeing Centre, Sworders Barn, Sworders Yard, North Street CM23 2LD.</b>  Monday, Tuesday, Wednesday and Friday: 9am to 5pm. Thursday: 11.30am to 7.30pm.
	<b><a href="mailto:info@hertfordshiremind.org">info@hertfordshiremind.org</a></b>

## Nationally:

**Anxiety UK** - For those affected by anxiety, stress, and anxiety based depression.



**03444 775 774 (Monday to Friday 9.30am to 5.30pm)**



**[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)**

**Mind** - Here to make sure no one has to face a mental health problem alone.



**0300 123 3393 (Monday to Friday 9am to 6pm)**



**[www.mind.org.uk](http://www.mind.org.uk)**

**Rethink Mental Illness** - Supports people to get through crises, to live independently and to realise they are not alone.



**0300 5000 927 (Monday to Friday 9.30am to 4pm)**



**[www.rethink.org](http://www.rethink.org)**

**SANEline** - Offers specialist mental health emotional support.



**0300 304 7000 (Every day 4.30pm to 10.30pm)**



**[www.sane.org.uk](http://www.sane.org.uk)**

**No Panic** - For people (and their carers) experiencing anxiety and related disorders.



**0844 967 4848 (Every day 10am to 10pm)**



**[www.nopanic.org.uk](http://www.nopanic.org.uk)**

Some of these organisations may charge for your call