

# Struggling to cope?

# Talk to us – anytime.



The **Derbyshire Mental Health Helpline and Support Service** is here for you, 24 hours a day. Call us free on...

# 0800 028 0077

You can also call 111 and ask for the helpline. The helpline is for both adults and young people

Learn more at [www.derbyshirehelpline.com](http://www.derbyshirehelpline.com) and for other sources of support search 'Derbyshire emotional health and wellbeing'

