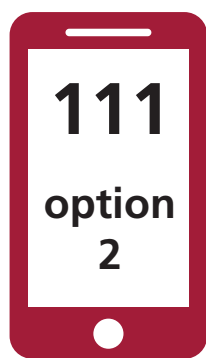


# Do you feel you are in a mental health crisis?



Then call our First Response Service (FRS) on **111**, then press **option 2**

The **First Response Service** puts your mental health first. It provides 24-hour access, seven days a week, 365 days a year, to mental health care, advice, support and treatment.



**By calling 111, and selecting option 2, you will be put through to a member of the FRS who will speak to you and discuss your current mental health needs.**