

A close-up portrait of a woman with long, wavy brown hair and dark eyes, looking directly at the camera. She is wearing a dark blue top. Overlaid on her face is the text "Help, I need somebody" in large, white, sans-serif font, enclosed in quotation marks.

“Help,
I need
somebody”

The NHS is here to help

Feelings of anxiety and depression can affect us all. If you need help with your mental health, you can refer yourself, or your GP can refer you.

Let us help you get your feet back on the ground.
Go to nhs.uk/help

Mental
health
matters

Help us
help you