

# Wellbeing and Mental Health

The Wellbeing and Mental Health helpline  
Is now open 24/7 to help people deal with the implications of the coronavirus  
pandemic on their mental health.

If you need mental health support call 0800 915 4640  
or text 'Hello' to 07862 022846  
there is more information at  
[www.lscft.nhs.uk/news/814](http://www.lscft.nhs.uk/news/814)