



**Open**

Mental  
Health

**Giving you the  
support you  
need when  
you need it**

# Lots of things can impact on our mental health

Mental health organisations have come together to provide 24/7 support to adults in Somerset. Whatever is worrying you – anxiety, debt, employment, housing, low mood, addiction - **we're here to help.**

We can support you to live a full life by enabling access to specialist mental health services, housing support, debt and employment advice, volunteering opportunities, community activities and exercise.

## **Our team is here to support you**

24 hour Supportline 01823 276892

[support@openmentalhealth.org.uk](mailto:support@openmentalhealth.org.uk)

**Open Mental Health** is a Somerset alliance of local voluntary organisations and the NHS. We are working in

partnership to ensure that residents of Somerset get the support they need, when they need it.