

**Open**

Mental  
Health

**Lots of things can impact  
our mental health  
at any time.**

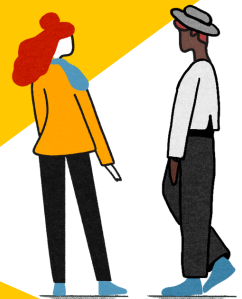
If you need out of hours support  
**Crisis Safe Space** offers  
one-to-one appointments for residents of  
Somerset who are really struggling with their  
mental health.

We currently run sessions in Bridgwater, Yeovil,  
Taunton and across Mendip, either face-to-face  
or virtual.

You can find up-to-date locations and session  
times on the Open Mental Health website  
[www.openmentalhealth/org.uk/crisis-safe-space](http://www.openmentalhealth/org.uk/crisis-safe-space)

**To book a Crisis Safe Space session  
call Mindline Somerset**

**locally on 01823 276892  
or freephone 0800 138 1692**



Please note we cannot support anyone under the  
age of 18 or under the influence of drugs or alcohol.

Crisis Safe Space is offered as part of Open Mental Health, an alliance of local voluntary organisations, the NHS and social care, Somerset County Council, and individuals with lived experience of mental health.

We are working together to improve the way adults in Somerset receive support with their mental health. Ensuring that people get the help they need, when they need it.

**Open Mental Health offers support  
24 hours, 7 days a week.**

If you need support with your  
mental health call Mindline Somerset  
locally on 01823 276892  
freephone on 0800 138 1692  
or you can email  
[support@openmentalhealth.org.uk](mailto:support@openmentalhealth.org.uk)

**To find out more about Open Mental Health  
visit our website [www.openmentalhealth.org.uk](http://www.openmentalhealth.org.uk)**