

Your physical and mental health

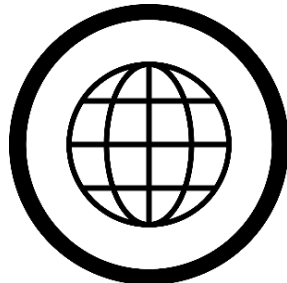


If you are feeling sad, anxious or worried you can

- talk to your GP and tell them how you are feeling



- call **iCope** on
020 33 17 66 70

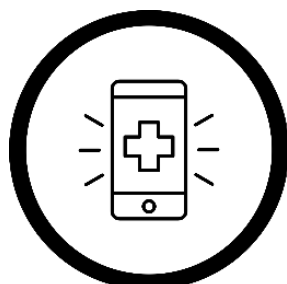


- or visit the **iCope** website at
icope.nhs.uk



If you are having a mental health crisis you can call the **24-hour** mental health crisis line on

020 33 17 63 33



In an emergency always call

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