



If you're struggling with your mental health, you're not alone.

Best For You is a new project that exists to help you.

Visit www.bestforyou.org.uk to find information and support, including:

- **Helpful websites and apps** that have been reviewed to make sure they're safe and accurate
- **Clear information** about mental health conditions and local mental health services
- **Peer-to-peer** support and advice
- **Crisis information**, including a free, confidential, 24/7 text support service. Text NATTER to 85258 to message a trained volunteer.

Follow us for regular updates to support your mental health and wellbeing @BestForYouNHS