

A close-up photograph of a woman with long, straight brown hair and bangs, looking slightly to the left with a thoughtful expression. She is wearing a dark blue turtleneck sweater.

“Help me if
you can, I’m
feeling down”

The NHS is here to help

Feelings of anxiety and depression can affect us all. If you need help with your mental health, you can refer yourself, or your GP can refer you.

Let us help you get your feet back on the ground.
Go to nhs.uk/help

Mental
health
matters

Help us
help you