

A close-up portrait of a young man with dark, curly hair and a beard, looking off to the side with a thoughtful expression. The text is overlaid on his face.

“Help,
I need
somebody”

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](https://www.nhs.uk/help)

Mental
health
matters

Help us
help you