

Feeling Stressed? Overwhelmed? Need to talk?

What we do

Reach Out for Mental Health is a free phone based service which offers an opportunity for people to just talk about what their going through. We know talking can be difficult at times. We also know that talking can really help.

What can I expect

Our volunteers won't judge you or try to fix you. We are not counsellors or therapists. We offer an opportunity to talk in confidence, with a friendly trained local person. We won't pressure you to talk and you don't have to pretend that everything is fine if it's not.

How do I get started

Just contact us- our details are below. We can give you a bit more information about us, how we work and how best we can support you.

How you can get hold of us

Call or text us on 07308 069 609

Email us at info@reachoutfmh.co.uk

You can reach us by phone, text or email. We are NOT an emergency service so if we can't get to you straight away leave a message and we'll call you for a chat as soon as we can. Our service operates Monday-Friday 9am-7pm.

