

Support for your mental health

Looking after yourself



There are little things you can do to look after your mental health.

The Every Mind Matters online platform gives you free expert advice and practical tips to help you look after your wellbeing.

Talking therapy



If you feel stressed, anxious or depressed, you might struggle with work, life or relationships. NHS talking therapies, also known as IAPT, can help. Search [nhs.uk/talk](https://www.nhs.uk/talk)

Crisis



If you or another person is experiencing a mental health crisis, you can call your local NHS urgent mental health helpline for 24/7 advice and support.

If someone's life is at risk or they cannot be kept safe, call 999 or go to A&E.



Managing Mental Health Service

AW Rasmussen

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle on the right side.

Managing Mental Health Service:

Managing Mental Health Service Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Managing Mental Health Service**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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