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Rethink Mental Illness  
Sheffield



## Under 18's Sheffield Support Helpline

Open Monday - Sunday, all hours

Here to provide:

- Emotional Support
- Useful Advice
- Signposting to other Services

Your mental health has never been so important. We want to be here to support you on your journey.

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**NHS**  
Sheffield Children's  
NHS Foundation Trust



**Ever feel like you don't know who to talk to?**

We are here to change that.

If you need **emotional support** about what's on your mind, to ask **advice** about something random or wonder what **specialist support** is out there, **CALL US.**

But if you are in crisis, in danger and need help right now - call **999.**

**How to call:**

**0808 8010 612** - Available 24/7

**What to expect when you call us:**

You'll speak to a friendly voice, who is there to listen. We will ask a few questions about you, so we can help to support you in the best way possible.

To ensure you are kept safe, if we think you or others are in danger, then we may have to tell someone about what you share with us.

**“Leading the way to a better quality of life for everyone severely affected by mental illness.”**



**What we do:**

Sometimes it can be hard to talk to someone, for fear of being judged, or them not understanding, or you just don't know what to say.  
That's okay.

We are here to support you, because we know how important it is to look after your mental health and you deserve to get the right support to make sure you stay healthy and happy.

So give us a ring, to air your thoughts or ask us questions about who to call next.