



Supporting your Mental Health &  
Wellbeing in Leicestershire and Rutland

## Signposting

**One to One Support**  
**Information and advice**  
**Peer Support**

[www.mhm.org.uk](http://www.mhm.org.uk)

email: [leicestershire.andrutlandmhm@nhs.net](mailto:leicestershire.andrutlandmhm@nhs.net)

Referrals: 0300 323 0189

Helpline: 0300 323 0187

Office: 0116 208 1505



Covering: Melton, Charnwood, Hinkley and Bosworth,  
NW Leicestershire and Rutland

