

Children and Adult Mental Health Services (CAHMS) - Are you a young person who needs support with your mental health? Call the Children and Young People's Mental Health Service on 01302 796191

Talking Shop - Experiencing anxiety, low mood or other common mental health conditions? Why not try the free talking therapy service at the Talking Shop? Talking Shop therapies are available free to Doncaster residents aged 18 years and over. Local people can self-refer into the service and access a range of talking therapies and information that includes prevention and self-help literature. To find out more simply telephone 01302 565556 or visit <http://iapt.rdash.nhs.uk>.

Crisis Team - Are you having a mental health crisis or know someone who is? Visit or call the Crisis Team on 01302 566999.

Safe Space - Accessed via the single point of access phone line (01302 566999), Safe Space uses peer and voluntary support empathise with people experiencing a mental health crisis . The service provides wrap around support and creates a living well plan for each individual which links with local neighbourhood assets and services which can help further.