

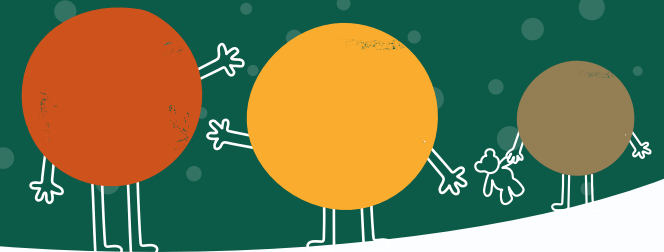
ACCESS THE RIGHT SERVICES FOR YOU

SELF CARE	<p>Make sure your medicine cupboard is stocked up with over the counter remedies for coughs, colds, cuts, and tummy troubles.</p> <p>For self care tips and more, visit Talk Community's free online wellbeing information and signposting directory for Herefordshire, providing details on local services, groups, community hubs, and events.</p> <p>Visit: www.talkcommunity.org or call our helpline on: 01432 260 027</p>
GP SURGERY	<p>GP surgeries can treat many conditions and give health advice. They can also refer you to other NHS services. Find your nearest GP surgery:</p> <p>www.nhs.uk/nhs-services/gps</p>
NHS 111	<p>For urgent but non-emergency medical help ring 111 or visit: 111.nhs.uk The service is available 24/7 and is staffed by trained advisors and experienced clinicians.</p>
PHARMACY	<p>For advice and treatment for minor ailments such as coughs, colds, sore throats, tummy troubles and aches and pains, visit a local pharmacy.</p>
URGENT DENTAL	<p>Use the NHS 111 online services (111.nhs.uk) if you cannot contact your dentist or do not have one.</p>
SEXUAL HEALTH	<p>For sexual health testing and treatment in Herefordshire visit:</p> <p>www.sexualhealthservices4herefordshire.co.uk</p>
MENTAL HEALTH	<p>If you are experiencing a mental health crisis, the Herefordshire and Worcestershire Mental Health Helpline can help. Call 0808 196 9127.</p> <p>If you are experiencing anxiety, depression or low mood, and it isn't urgent, please visit the Now We're Talking website: www.nowweretalking.nhs.uk</p>
DRUGS AND ALCOHOL	<p>Turning Point Herefordshire Recovery Service is a confidential and free service for anyone experiencing alcohol or drugs issues.</p> <p>Visit www.turning-point.co.uk/herefordshire to complete an online referral form. For more information call: 0300 555 0747 or email: Herefordshire@turning-point.co.uk</p>
EYE PROBLEMS	<p>For advice on eye or sight problems, including urgent NHS care, contact an optician. For a list of opticians in your area visit:</p> <p>www.nhs.uk/nhs-services/opticians</p>

TALK COMMUNITY

KEEPING WELL THIS WINTER

Advice, support, and self-care tips for Herefordshire



FOR FURTHER INFORMATION:
VISIT WWW.TALKCOMMUNITY.ORG 
OR CALL OUR HELPLINE ON 01432 260 027



 Herefordshire Council

MENTAL HEALTH SUPPORT

There are a number of local organisations which can help support your mental health and wellbeing.

LOCAL NHS URGENT MENTAL HEALTH HELPLINE

Tel: **0808 196 9127**

Open 24 hours a day, 365 days of the year

HEREFORDSHIRE MIND

A local mental health charity providing a range of different support services, groups, and activities for adults with mental health problems.

Web: herefordshire-mind.org.uk

Tel: **01432 271643**

Herefordshire Mind also offers a Safe Haven every evening from 5pm to 10pm, where people suffering a mental health crisis or in need of urgent support can visit. Contact: safehaven@herefordshire-mind.org.uk or **01432 372407**

NOW WE'RE TALKING

The Now We're Talking website provides a range of support for people experiencing mental health challenges, including online resources, talking therapy services, and help for people experiencing a mental health crisis. Web: www.nowweretalking.nhs.uk

QWELL

Free mental wellbeing support including online chat and forums.

Web: www.qwell.io

**MORE HELP AT
TALKCOMMUNITY.ORG**



ISOLATION & LONELINESS

Winter time can be hard for many people and the dark nights and bad weather can be very isolating, but support is available.

TALK COMMUNITY HUBS

Places where people can find friendship, positive things to do, acquire new skills and get help and advice on food, housing, finances, and health and wellbeing.

Find your nearest Talk Community Hub:

www.talkcommunitydirectory.org/hubs

WARM SPACES

For many people, energy bills are becoming unaffordable. Herefordshire has a network of warm spaces that are opening their doors to anyone who needs them. Find your nearest warm space:

www.talkcommunitydirectory.org/warmspaces

HOMELESSNESS SUPPORT

If you need emergency assistance outside of normal office hours, you can contact the Out of Hours Service, provided by the Housing Solutions Team.

Web: www.talkcommunitydirectory.org/homelessness

Tel: **01432 261 600**

WINTER WELLBEING

**EAT A
BALANCED
DIET AND STAY
HYDRATED**

**WRAP UP
WARM AND
KEEP ACTIVE**

**GET YOUR FLU
JAB - Speak
to your GP
surgery or visit
a pharmacist**

**DON'T FORGET!
Get the covid
jab if you are
eligible**

MONEY, DEBT & BUDGETING

If you've got money on your mind and you're finding it difficult to cope with money or debt problems, or perhaps you're struggling to pay your bills, our website can help you quickly and easily find the support you need.

Visit: www.talkcommunity.org/moym

FOOD BANKS

There is a food bank or community larder in each of the county's market towns and city.

You may need to be referred by a qualifying organisation or have a voucher to access the service, but if you contact your nearest food bank directly, they'll be able to advise on the process. Find your nearest food bank:

www.talkcommunitydirectory.org/foodbanks

**MORE TOP TIPS AT
TALKCOMMUNITY.ORG**

