



## Need confidential advice on mental health?

Contact the confidential Blue Light Infoline for helpful information, advice and signposting to local support services for you or a team-mate. Our trained advisors can listen to your concerns and provide advice for search and rescue services to help you stay well for your role.

Call 0300 303 5999\*

Email [bluelightinfo@mind.org.uk](mailto:bluelightinfo@mind.org.uk)

Text 84999

\*9am – 6pm, Mon to Fri, calls charged at local rates

[mind.org.uk/bluelight](https://mind.org.uk/bluelight)

 **mind**  
for better mental health