

People dial 999  
for your help.

Now there's  
a number  
you can call.



## 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 police, search and rescue, ambulance and fire 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](http://mind.org.uk/bluelight)

