

Together We Can- Winter 2024 / 2025 – social media messages

Dial NHS 111 for 24/7 crisis mental health support

#TogetherWeCan <https://togetherwe-can.com/mental-health/>



| Message | Image or Gif | Alt Text |
|--|--------------|---|
| <p>Dial NHS 111 for 24/7 crisis mental health support. If you, or someone you're worried about, needs urgent care for a mental health crisis.</p> <p>Trained mental health professionals will help you get the support you need.</p> <p>Find out more: togetherwe-can.com/mental-health/</p> | | <p>Animation encouraging people to stay well and choose well for their mental health.</p> |
| <p>Dial NHS 111 for 24/7 crisis mental health support If you, or someone you're worried about, needs urgent care or treatment for a mental health crisis.</p> <p>Trained mental health professionals will help you get the support you need.</p> <p>Find out more: togetherwe-can.com/mental-health/</p> | | <p>Cartoon illustration of a mobile smart phone with the wording call NHS 111 and select mental health option on the screen. Text reads: Are you in a mental health crisis? NHS logo.</p> |

It's hard to know who to talk to in a [#MentalHealthCrisis](#)

You can call 111 and select the mental health option to get help 24/7 in West Yorkshire.

Find out more: togetherwe-can.com/mental-health/



Animation encouraging people to stay well and choose well for their mental health.

If you're in a [#MentalHealthCrisis](#) in West Yorkshire, you can now call 111 and select the mental health option to talk to a mental health professional and get help 24/7.

Find out more: togetherwe-can.com/mental-health/



Cartoon illustration of a mobile smart phone with the wording call NHS 111 and select mental health option on the screen. Text reads: Are you in a mental health crisis? NHS logo.