



Mental health support



 	<p>Valued Lives: Supports people who are experiencing mental or emotional distress in Cornwall.</p> <p>Call 01209 901438 5.30pm – midnight every day</p>
 	<p>NHS 24/7 helpline: Free helpline to talk about your mental health worries. Open every day, all day.</p> <p>Call 0800 0385 300</p>
  	<p>Nightlink: A support helpline and text service for anyone in Cornwall who is in emotional distress. Open every day 5.00pm – 12.00am.</p> <p>Call 0808 800 0306</p> <p>Text service 07717 989 021</p>
	<p><u>For other support click here</u></p>