

OPEN MENTAL HEALTH

If you, or someone you know, is experiencing difficulties with their mental health, we are here to help.

Open Mental Health offers support 24 hours a day, 7 days a week to ensure that adults living in Somerset and struggling with poor mental health can access the right support at the right time.

Open Mental Health is an alliance of local voluntary organisations, the NHS and social care, Somerset Council, and individuals with lived experience of mental health, working together to improve the way people in Somerset receive support with their mental health.

The alliance provides access to a number of specialist services including NHS support, housing advice, debt and employment advice, volunteering opportunities, community activities, peer support and local exercise groups.

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Health

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Open Mental Health runs several local initiatives around Somerset which are focused on improving mental and physical health and wellbeing for men:

Stepladder is an Open Mental Health project run by Second Step that aims to reduce the stigma that men feel when talking about or asking for help with their mental health, by ensuring they know where to go in Somerset for wellbeing support when they need it.

Stepladder works with communities, groups and organisations across Somerset to find new ways for men to connect, support each other and get help when they need it.



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Farmerados is an Open Mental Health project based on the principles of Camerados, a global social movement, Farmerados is aimed specifically at farmers and run by volunteers who understand agricultural life and know how tough it can be at times.

Many farmers are struggling in silence with devastating consequences, but Farmerados believe that a conversation can have a big impact on somebody's day by helping farmers to realise they are not alone and that sharing their worrisome load can really take some weight off.

If you need to speak to someone about your mental health you can call our team at Mindline Somerset anytime, day or night, locally on 01823 276892 or freephone 0800 138 1692.

You can find out more about the services offered by Open Mental Health on openmentalhealth.org.uk.

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