NERIL
North Essex Resource and Information Line

Are you feeling anxious, depressed or vulnerable?

Whatever you are going through, we are here to support you 365 days a year

0845 0900 909
6pm to 2am 7 days a week

mnessexmind.org    @mnessexmind    @mnessexmind    @mnessexmind

mind
for better mental health
Mid and North Essex
NERIL is a telephone helpline service that is open 6pm to 2am 7 days a week. It gives support to anyone worried about their own mental health or that of someone they know or care for.

Our aim is to give you information to help you make your own choices.

Our trained staff will treat you with respect and dignity and listen and support you during your call.

Don’t be afraid to reach for help.

“I felt calmer knowing I had someone to talk to”

The content of each call is confidential, unless extreme circumstances occur. This would include a serious concern regarding your safety and/or the safety of others around you.
What will I get from calling NERIL?

- Someone at the end of a phone when you feel anxious, depressed and vulnerable
- Someone who will listen to your concerns without judgement
- Someone to give you support and understanding
- Someone who can tell you about organisations who can provide specialist support and advice.
- Someone who can provide information that might help you to make sense of how you are feeling. Information booklets can also be sent to you.

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How much does it cost for me to call?

The cost of calls vary with each land line and mobile phone provider. Please check your contract.

For more information on any of our services please visit mnessexmind.org
We’re Mid and North Essex Mind, the mental health charity. We believe no one should have to face a mental health problem alone. We’re here for you. Today. Now. Whether your stressed, depressed or in crisis, we’ll listen and give you support.

We work with children from the age of 5 and adults of all ages. Some people use our services for only a little while and others might need help for longer.

We are a local, independent charity connected to the national charity Mind. At Mid and North Essex Mind we have to raise our own money to run our services. We work from Chelmsford to Clacton, from Braintree to Colchester – we cover all of mid and north east Essex.

If you want to raise some money or donate to support the work we do in the local area visit mnessexmind.org/support-us or call or email the fundraising team on fundraising@mnessexmind.org or 01206 764600.

Tell us your thoughts

We always need to know what we’re doing well and what could be done better.

Write to us on: Operations Manager, Mid and North Essex Mind, The Constantine Centre, 272a Mersea Road, Colchester CO2 8QZ.