

North Essex Resource and Information Line for Mental Health
NERIL

North Essex Resource & Information Line for Mental Health
0845 0900 909 (local rate)

Are you:
Stressed?
Anxious?
Depressed?
Lonely?
In a crisis?

Do you feel you can't cope and don't know where to turn?

Ring NERIL: The North Essex Resource and Information Line for Mental
Health for Support and Information.

Lines open 16 hours from 4pm until 8am 7 days a week.

We are a confidential service except when we consider significant self
harm or harm to others may occur.

Should you wish to make a complaint about NERIL please ring Maldon
(Essex) MIND on 01621 853211 and ask to speak to Myra Houlding.