

Helplines and Crisis Contacts

In an emergency:

- Call 999
- Go to your local A&E Department

If you are in crisis and need to speak to someone:

- **NHS 111:** National helpline for urgent (but not in immediate danger) The line is for when you need medical help fast but it's not a 999 emergency. You can call 111 if you don't know who to call or you don't have a GP to call. Or if you need health information or advice about what to do next.

Open 24hrs a day, every day of the year. Get help online at 111.nhs.uk or call 111

- **Samaritans:** If you are in emotional distress or at risk of suicide, they are there for you 24 hours a day, every day of the year

Phone Helpline: **116 123** Or e-mail: jo@samaritans.org for a confidential reply, response time is 24hrs.

- **SaneLine:** National out-of-hours telephone help-line for individuals affected by mental health problems, their family, friends and carers. Their lines are open from 4.30pm to 10.30pm every day providing a space and time for you to talk about your mental health, or the mental health of someone close to you. Phone Helpline: **0300 304 7000** (local call rate). Also support forum available online at www.sane.org.uk

- **CALM:** (Campaign Against Living Miserably) a helpline **specifically for men** who are down or have hit a wall for any reason, who need to talk or find information or support. Helpline open from 5pm to midnight every day of the year. Phone helpline : **0800 58 58 58** webchat also available at

www.thecalmzone.net/help/webchat/

- **Papyrus** is the national charity dedicated to support young people under the age of 35 who are experiencing thoughts of suicide, as well as people concerned about someone else. Helpline open 10am-10pm Monday to Friday and 2pm to 10pm on weekends.

Phone Helpline: **0800 068 4141** also able to email to www.papyrus-uk.org and text to 07786209697

- **Shout crisis text line**, national charity providing 24/7 txt support to all
Text SHOUT to **85258** and start a conversation through txt messages. Sometimes talking on the phone maybe too much and it can be more comfortable to communication in other ways, text conversation can help.

These free conversations won't show up on your phone bill.

For more information visit.

www.giveusashout.org