

Help in a Crisis

We all need support sometimes. If you are in a mental health crisis, or know someone who is, then here are some ways you can get help.

If you, or someone you know, are at immediate risk of harming themselves or others, please ring 999.

For other crisis situations:

Mental health support is now available 24/7 via the NHS 111 helpline. Specialised mental health nurses will be able to give you support and advice, from arranging GP appointments to interventions from local Community Mental Health teams.

If you, or the person you're concerned about, is already in contact with NHS mental health services, then you should have a care plan which outlines what to do in a crisis. This might be to contact 111, a GP or the Adult Mental Health Team that supports you.

Samaritans

Emotional support and a listening ear
24 hours a day every day of the year
116 123

Elefriends

Online peer support provided by Mind
24 hours a day every day of the year
www.elefriends.org.uk

Alcoholics Anonymous

Confidential support for alcoholism
24 hours a day every day of the year
0845 769 7555

Papyrus

Crisis support for children, young people
and parents

Weekdays 10am–10pm & 2pm–10pm on
weekends and bank holidays.
0800 068 41 41

Refuge

National domestic abuse helpline
24 hours a day every day of the year
0808 2000 247

SANE

Support and advice for mental health problems
4.30pm to 10.30pm every day of the year
0300 304 7000

Men's Health Forum

Stress support for men by text, chat and email
24 hours a day every day of the year
www.menshealthforum.org.uk

BEAT

Support for eating disorders
Weekdays 12pm–8pm & 4pm–8pm on weekends
and bank holidays.
0808 801 0677

No Panic

Support for panic attacks, OCD and phobias
Every day, 10am–10pm
0844 967 4848

For more helplines,
visit www.mind.org.uk