



Mental Health Crisis Support

Please see the following guidance on different crisis support options available for yourself or your child.

NHS Emergency Service: For an immediate medical emergency, please call **999**.

NHS 111: If you need non-urgent medical help, please call **111**.

NHS Local Mental Health Helpline: If you live in England, you can call a local NHS urgent MH helpline for support during a mental health crisis. The following website allows you to find your local helpline. <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Samaritans: If you need to talk to someone about something that is distressing you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone), email jo@samaritans.org or visit some branches in person. You can also call the Samaritans Welsh Language Line on **0808 164 0123** (7pm–11pm every day).

Shout: If you would prefer not to call someone, but would like some mental health support, you can text **SHOUT** to **85258**. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

National Suicide Prevention Helpline UK: Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on **0800 689 5652** (6pm to midnight every day).

Mind Coping Tools Website: Offers different tools for helping yourself when in crisis. <https://www.mind.org.uk/need-urgent-help/>

Campaign Against Living Miserably (CALM): You can call the **CALM** on **0800 58 58 58** (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the [CALM webchat service](#).

The Mix: If you're under 25, you can call The Mix on **0808 808 4994** (3pm–midnight every day), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).

Papyrus HOPELINEUK: If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call [Papyrus HOPELINEUK](#) on **0800 068 4141** (24 hours, 7 days a week), email pat@papyrus-uk.org or text **07786 209 697**.

Nightline: If you're a student, you can look on the [Nightline website](#) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

Switchboard: If you identify as gay, lesbian, bisexual or transgender, you can call [Switchboard](#) on **0300 330 0630** (10am–10pm every day), email chris@switchboard.lgbt or use their webchat service. Phone operators all identify as LGBT+.