



## Urgent support

If you are having thoughts of suicide, are harming yourself or have thought about self-harm, it's important to tell someone.

These thoughts and feelings can be complex, frightening and confusing, but you do not have to struggle alone.

If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, contact one of the organisations below to get support right away.

NHS :

<https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/where-to-get-urgent-help-for-mental-health/>

## If you just need to talk, any time of day or night

### Free listening services

These services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

- Call [116 123](tel:116123) to talk to [Samaritans](https://www.samaritans.org), or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours
- Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](https://www.shoutcrisis.org), or text "YM" if you're under 19
- If you're under 19, you can also call [0800 1111](tel:08001111) to talk to [Childline](https://www.childline.org.uk). The number will not appear on your phone bill.

### Get advice from 111 or ask for an urgent GP appointment if:

- you are not able to speak to your local NHS urgent mental health helpline
- you need help urgently for your mental health, but it's not an emergency
- you're not sure what to do

**111** will tell you the right place to get help if you need to see someone.

Use the [NHS 111 online service](#), or call [111](#).

You may be able to speak to a nurse, or mental health nurse, over the phone.

A GP can advise you about helpful treatments and also help you [access mental health services](#). You may be able to refer yourself to some services.

### Call 999 or go to A&E now if:

- someone's life is at risk – for example, they have seriously injured themselves or taken an overdose
- you do not feel you can keep yourself or someone else safe
- A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time.

Call: 999