

MENTAL HEALTH HELPLINES AND SUPPORT

If you are experiencing a mental health problem or need urgent support, these helplines can offer expert advice.

URGENT HELPLINE IN A CRISIS

If you or a loved one are having a mental health crisis, you can call a local NHS mental health helpline for 24-hour advice and support:

[Find a local NHS urgent mental health helpline](#)

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

You can call for yourself, your child, your parent or someone you care for.

If someone's life is at risk or they cannot be kept safe, call 999 or go to A&E.

Samaritans

www.samaritans.org

Telephone: 116 123

Email:

Mind Infoline

www.mind.org.uk/help/advice_lines

Telephone: 0300 123 3393

Rethink

<http://www.rethink.org/about-us/our-mental-health-advice>

Telephone: 0300 5000 927

NHS talking therapies

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

Anxiety UK

www.anxietyuk.org.uk

Telephone: 03444 775 774

SANEline

[http://www.sane.org.uk/what we do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

Telephone: 0300 304 7000

CHILDREN

Childline

<https://www.childline.org.uk/get-support/contacting-childline/>
Telephone: 0800 1111

Young Minds

<https://www.youngminds.org.uk>

URGENT HELP YoungMinds Textline

Text YM to 85258.