



IF YOU NEED URGENT HELP:

Call **111** to speak to the national NHS helpline for anyone with an urgent healthcare need that isn't a **999** emergency.

CAMHS Crisis Line 0203 228 5980
(available 5pm-11pm Mon - Fri, 9am - 11pm Sat-Sun-Bank Holidays)

Call **0800 731 2864 (Option 1)** for our local 24-hour mental health crisis line

If anyone is at risk of serious harm call **999** and ask for an ambulance, or the police.

WHAT IS A CRISIS?

Having a mental health crisis means different things to different people. You might feel so distressed that you want to harm yourself, or someone else. Or you might hear unpleasant voices or feel that people are watching you or trying to hurt you. It could help to tell someone you trust, maybe a family member or a friend. They can be with you and help you decide what to do. They can also contact services on your behalf.

CRISIS SUPPORT INFORMATION

Information for young people & those close to them.

MENTAL HEALTH CRISIS CONTACTS

If you're feeling overwhelmed and like you can't cope, you can contact any of the below at any time of day or night for free. Why not save their numbers in your phone so you can access them easily if you need them.



PAPYRUS UK (PREVENTION OF YOUNG SUICIDE)

Hopeline: 0800 068 41 41
email: pat@papyrus-uk.org
www.papyrus-uk.org



SAMARITANS ON 116 123



CHILDLINE

You can talk to us about anything. No problem is too big or too small. **0800 1111** or chat to us online. <https://www.childline.org.uk/get-support/>

NATIONAL CONTACTS

For more mental health helplines visit www.nhs.uk or <https://www.mind.org.uk/for-young-people/>

- **KOOTH**

Whatever you're feeling, we're here to help. Get free, safe and anonymous support. <https://www.kooth.com/>

- **CHILD BEREAVEMENT UK**

0800 028 8840
childbereavementuk.org
Help for children, young people, parents and families after the death of someone close.

- **FRANK (DRUGS AND ALCOHOL ADVICE)**

Call: 0300 123 6600 (24 hours a day)
www.talktofrank.com

- **BEING GAY IS OK**

bgiok.org.uk
Provides advice and information for LGBTQIA+ people under 25.

“It’s okay not to be okay.”