

MENTAL HEALTH AND EMOTIONAL WELLBEING: HELPLINES AND SUPPORT

We would always advocate that you consult with your GP if you are concerned about your mental health, and that you access A&E services if you feel emergency help is needed.

This list of helplines and websites is intended to provide information about additional support you may find useful if you are worried about your own mental health or that of a friend, colleague or family member

CHILDREN AND YOUNG PEOPLE

ChildLine

Tel: 0800 1111

Website: childline.org.uk

Support for children and young people in the UK, including a free 24-hour helpline.

Samaritans

Tel: 116 123

Website: samaritans.org

24-hour emotional support for anyone who needs to talk

NHS 111

Tel: 111

Website: <https://www.england.nhs.uk/urgent-emergency-care/nhs-111/>

Advice or treatment for physical or mental health. 24 hours a day, 7 days a week.

Young Minds Crisis Messenger

Text: YM to 85258

Website: <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

24/7 crisis support by text, free and confidential from most major networks:

Mind

Useful contacts: <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>

ADULTS

SANE

Tel: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Website: <http://www.sane.org.uk/home>

Out of hours emotional support, information and guidance for people affected by mental illness, their families and carers.

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Shout Crisis Textline

Text: SHOUT to 85258

Website: <https://www.giveusashout.org/>

24/7 text chat service which is free on most networks; trained volunteers will listen to you, and work with to help you take the next steps towards feeling better

NHS

Useful contacts: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>