

# Useful numbers for when you need help

## Samaritans

Telephone: 116 123 (24 hours a day, free to call)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

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

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide.

## Mind Infoline

Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Website: [www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, and where to get help.

## Rethink Mental Illness Advice Line

Telephone: 0300 5000 927 (9.30am - 4pm Monday to Friday)

Email: [advice@rethink.org](mailto:advice@rethink.org)

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

Provides expert advice and information to people with mental health problems and those who care for them.

## Saneline

Telephone: 0300 304 7000 (4:30pm-10:30pm)

Website: [www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

## Side by Side

Website: <https://sidebyside.mind.org.uk/about>

Side by Side is an online community where you can listen, share and be heard. Side by Side is run by Mind.

## SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

Text: 85258

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

## NHS England IAPT (Improving Access to Psychological Therapies)

If you're based in England, you can use webpage to find and refer yourself to mental health services in your area.

Website: <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

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

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.**

## **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 will be taken as seriously as a physical one. You will not be wasting anyone's time.**