

Mental Health signposting and wellbeing guideline

If you, or someone you know, needs urgent medical help and is in a mental health crisis:

Call 999 (emergency services)

Go to the nearest A&E (Accident and Emergency services)

The helplines below offer emotional support for people affected by mental health. You can get in touch with them about anything you would like to talk about and they will be there to listen.

Samaritans is **for everyone** and offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.

Call 116 123 (it is free, it is 24 hours 7 days a week)

Email Jo@samaritans.org

Hopelineuk is **for young person at risk of suicide** or for someone worried about a young person at risk of suicide

Call [0800 068 41 41](tel:08000684141)

Text [0778 620 9697](tel:07786209697)

The Silver Line for older people is a national confidential and free helpline open every day and night of the year.

Call 0800 470 8090 (it is free, it is 24 hours 7 days a week)

SANeline for anyone aged 16+ is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

Call 0300 304 7000 (open between 4.30pm to 10.30pm)

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C.A.L.M. aimed at men with a helpline open between 5pm and midnight every day of the year.

Telephone (outside London) 0800 58 58 58

Telephone (London) 0808 802 58 58

Webchat www.thecalmzone.net/help/webchat/ (5pm – Midnight every day)

Sign health is a deaf mental health charity that provides psychological support and therapy services.

Email therapies@signhealth.org.uk for more information.

Survivors of Bereavement by Suicide, Our helpline is available between 9am and 9pm Monday to Friday, **0300 111 5065**, <https://uksobs.org/>

The **Learning Disability Helpline** is a free helpline service offering advice and support for people with a learning disability, and their families and carers

Call 0808 808 1111

Email helpline@mencap.org.uk

Shout for anyone in crisis anytime, anywhere. If you're experiencing a personal crisis, are unable to cope and need support, text Shout to 85258

Text Shout to 85258 (Free of charge 24/7 text service)

Email info@giveusashout.org

Switchboard the **LGBT+ helpline** for anything you want to talk about, a place for calm words when you need them the most and nothing is off limits.

Call 0300 330 0630

Email chris@switchboard.lgbt

Further helplines providing advice and information around mental health

Rethink Mental Illness

Call 0300 5000 927

Mind Infoline

Call 0300 123 3393

Email info@mind.org.uk

Text 86463