

MENTAL HEALTH: HELP & SUPPORT

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

GET ADVICE FROM 111 OR ASK FOR AN URGENT GP APPOINTMENT IF:

- You need help urgently for your mental health, but it is not an emergency
- You are not sure what to do. 111 will tell you the right place to get help if you need to see someone. You may be able to speak to a nurse or mental health nurse over the phone.

GET SUPPORT AND ADVICE ABOUT YOUR MENTAL HEALTH AND WELLBEING FROM:

<p>Every Mind Matters www.nhs.uk/oneyou/every-mind-matters Public Health England mental health campaign. Providing advice and practical tips to help people look after their mental health and wellbeing</p>	<p>Campaign Against Living Miserably (CALM) Tel: 0800 58 58 58 www.thecalmzone.net A leading movement against male suicide. Helpline and Webchat – 5pm-midnight, 365 days a year</p>	<p>Samaritans Tel: 116 123 Email: jo@samaritans.org www.samaritans.org 24/7 crisis listening support via email and phone call</p>
<p>BEAT www.beateatingdisorders.org.uk/ UK leading eating disorder charity</p>	<p>Stay Alive App www.prevent-suicide.org.uk/find-help-now/stay-alive-app Suicide prevention resource app for those at risk or those worried about someone else</p>	<p>Mind www.mind.org.uk National charity offering advice, support and self care tools to empower anyone experiencing a mental health problem</p>
<p>OCD UK www.ocduk.org Supporting those with Obsessive-Compulsive Disorder (OCD) in the UK</p>	<p>Rethink Mental Illness www.rethink.org Online mental health resources and advice; advocacy; rights in employment; support for carers</p>	<p>SHOUT Text Shout to 85258 www.giveusashout.org Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support</p>
<p>Time to Change www.time-to-change.org.uk Changing attitudes to mental health in the workplace, in communities; with children and young people</p>	<p>Anxiety UK Helpline: 03444 775 774 Text Service: 07537 416905 www.anxietyuk.org.uk/about-us/ UK registered charity working to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services</p>	<p>Papyrus Helpline: 0800 068 4141 www.papyrus-uk.org National charity dedicated to the prevention of young suicide</p>
<p>Action For Happiness www.actionforhappiness.org Helping people take action towards a happier and kinder world</p>	<p>Five Ways to Wellbeing - NHS www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/ A wide variety of useful links about mental health</p>	<p>Combat Stress www.combatstress.org.uk UK charity offering therapeutic and clinical community and residential support to former members of the British Armed Forces who are suffering from a range of mental health conditions</p>