**Who to contact if you need urgent support in a crisis**

**If you feel suicidal or feel like harming yourself or other people:**

* Call 999
* Go to your nearest Accident and Emergency department (A&E). You can search for your local department through the [NHS Choices website](http://www.nhs.uk/Service-Search/Accident%20and%20emergency%20services/LocationSearch/428)
* NHS helpline 111 provides urgent healthcare advice

**For non-emergency situations:**

* Visit your GP
* Visit NHS Choices via [http://www.nhs.uk/](http://www.nhs.uk/pages/home.aspx)

**Mental health services**

If you are already receiving support from mental health services you should have a care plan. This will include details of who you should contact in a crisis.

**If you can't find your care plan:**

**During the day**

Contact your Community Mental Health Team (CMHT) and ask for your care co-ordinator or the person on duty.

**During evenings, weekends or bank holidays**

Call your local [crisis team](https://www.rethink.org/diagnosis-treatment/treatment-and-support/crisis-teams).

**Emotional support**

If you would like to offload or talk to someone about your problems, then you may find an emotional support line useful. Some to try are:

**Samaritans**

Offering emotional support 24 hours a day

* Tel: 116 123
* Email: jo@samaritans.org
* Web: [www.samaritans.org](http://www.samaritans.org/)

**Sane Line**

Offering specialist mental health emotional support 4.30-10.30pm everyday. You can also email through their website.

Tel: 0300 304 7000

Web: [www.sane.org.uk](http://www.sane.org.uk/)