

UK Mental Health Agencies

IF YOU ARE IN CRISIS NOW

If you find yourself seriously contemplating suicide or have inflicted serious harm upon yourself, it is crucial to seek immediate medical assistance.

Please try these steps:

1. Dial 999 to request an ambulance.
2. If possible, proceed directly to your nearest Accident & Emergency (A&E) department.
3. If you do not have their contact information, you can locate an [urgent mental health helpline on the NHS website](#) to reach out to your local crisis team.
4. If you are unable to take these steps on your own, please reach out to someone you trust for assistance.

IF YOU NEED TO TALK TO SOMEONE NOW

Samaritans: call for free - 116 123 (24 hours a day) / [samaritans.org](https://www.samaritans.org)

Shout: text SHOUT to 85258 / [giveusashout.org](https://www.giveusashout.org)

OTHER USEFUL LINKS

BACP: British Association for Counselling and Psychotherapy - [bacp.co.uk](https://www.bacp.co.uk)

Mind: Mental Health Information and advice - [mind.org.uk](https://www.mind.org.uk)

FRANK: Drugs and Alcohol Advice - call 0300 123 6600 - [talktofrank.com](https://www.talktofrank.com)

Refuge: Domestic Violence Helpline - call 0808 2000 247 - [refuge.org.uk](https://www.refuge.org.uk)

Alzheimer's Society: Dementia Support - call 0300 222 11 22 - [alzheimers.org.uk](https://www.alzheimers.org.uk)

National Autistic Society - Autism Information - [autism.org.uk](https://www.autism.org.uk)