

## USEFUL CONTACTS FOR SUPPORT WITH MENTAL HEALTH

If you or someone you know are in immediate danger, please call 999.



For immediate support, contact the Crisis Resolution Home Treatment Team on **0800 129 9999**.  
Available 24 hours a day, 365 days a year.



Listening service for anyone with thoughts of suicide.  
Contact on **0800 689 5652**.  
Available from 6pm-midnight every day.



Call CALM line on **0800 58 58 58** if you are struggling and need to talk.  
If you prefer not to speak on the phone, use the webchat service:  
[www.thecalmzone.net](http://www.thecalmzone.net)  
Available 5pm-midnight every day.



Speak to a listening volunteer by calling **116 123**.  
Available 24 hours a day, 365 days a year.



If you'd prefer not to talk but want some mental health support, text **SHOUT** to **85258**.  
Available 24 hours a day.



Side by Side Online Community. Available for people 18+.

Community is open 24/7.

Register here: [sidebyside.mind.org.uk/accounts/register](http://sidebyside.mind.org.uk/accounts/register)

*Specifically for young people:*



If you are under 35 and struggling with suicidal feelings or you are concerned about a young person, call the HOPELINE ON **0800 068 4141**. Available 24/7.



If you are under 25, you can request support by email using this form: [www.themix.org.uk/get-support/speak-to-our-team/email-us](http://www.themix.org.uk/get-support/speak-to-our-team/email-us). Text **THEMIX** to **85258**. Available 24/7.