

rht-4MentalHealth Contact List

EVERYBODY EMERGENCY CONTACT NUMBERS

BREATHING SPACE: 0800 83 85 87

MIND: 0300 123 3393

These services offer confidential advice from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

- Call 116 123 to talk to [Samaritans](https://www.samaritans.org), or email: jo@samaritans.org for a reply within 24 hours
 - Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](https://www.shoutcrisis.org), or text "YM" if you're under 19
- If you're under 19, you can also call 0800 1111 to talk to [Childline](https://www.childline.org.uk). The number will not appear on your phone bill.

SERVING & VETERANS EMERGENCY CONTACT NUMBERS

PTSD RESOLUTION: 0300 302 0551

SSAFA: 0800 731 4880

SCOTTISH NHS VETERANS FIRST POINT:

Ayrshire & Arran: 01294 310 400

Borders: 01896 668 551
07976 739 583

Fife: 01383 565 128

Lanarkshire: 0300 303 3051

Lothian: 0131 220 9920

Tayside: 01382 424 029
07811 471 443

NHS T.I.L.s

N England: 0303 123 1145

Midlands E England: 0300 323 0137

London S/E England: 0203 317 6818

S/W England: 0300 365 2000

You can also 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.

How a mental health emergency is treated in A&E

- If you go to A&E, the staff should treat you with respect and look after any immediate physical and mental health needs.
- They should also refer you to a liaison psychiatry service or local crisis resolution and home treatment team (CRHT)

Get advice from 111 or ask for an urgent GP appointment if:

- you are not able to speak to your local NHS urgent mental health helpline
- you need help urgently for your mental health, but it's not an emergency
 - you're not sure what to do

111 will tell you the right place to get help if you need to see someone.