

Out-of-Hours Helplines and Services

URGENT MENTAL HEALTH SUPPORT

Accident & Emergency (A&E) Department

A&E departments are open 24 hours a day, 365 days a year, and anyone can visit them free of charge.

Not all hospitals have A&E departments – to find one near you, you can search on the NHS choices website (<https://www.nhs.uk/service-search/find-an-accident-and-emergency-service>), contact NHS **111**.

You can also go directly to A&E. If it is too far to walk you could take public transport, call a taxi, or ask someone to give you a lift.

You can also call **999** and ask for an ambulance.

Emergency GP Appointments

To access this service in England, you can contact your local GP surgery.

You can find GP surgeries on the NHS Choices website (<https://www.nhs.uk/service-search/find-a-gp>).

If the surgery is closed, you should hear a recorded message explaining what to do, or you can call **111**, a free 24-hour NHS helpline that can help you access local services including GPs.

Urgent Mental Health Helpline

Using the NHS Choice website (<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>), you can find a local NHS urgent mental health helpline in England.

You can contact them for 24h advice and support for you, your child, your parent, or someone you care for. You can contact them for help to speak to a mental health professional, or for an assessment to find the right care for you.

Crisis Houses and Sanctuaries

Drayton Park is a residential crisis house that accepts self-referrals from women living in Camden and Islington. To find out more, you can call them on **020 7607 2777**, or visit their website (<https://www.candi.nhs.uk/services/drayton-park-womens-crisis-house-and-resource-centre>).

Maytree Suicide Respite Centre residential crisis house, which accepts self-referrals. To find out more, you can call them on **020 7263 7070**, email maytree@maytree.org.uk or visit their website.

LISTENING SERVICES

Samaritans

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year.

You can call **116 123** (free from any phone), email jo@samaritans.org.

SANEline

SANEline is a national out-of-hours helpline offering emotional support, guidance, and information to anyone affected by mental illness.

If you are experiencing a mental health problem or supporting someone else, you can call SANEline on **0300 304 7000** (4.30pm–10.30pm every day).

Shout

If you would prefer not to talk but want some mental health support, you could text SHOUT to **85258**.

Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

National Suicide Prevention Helpline UK

National Suicide Prevention Helpline UK Offers a supportive listening service to anyone with thoughts of suicide.

You can call the National Suicide Prevention Helpline UK on **0800 689 5652** (6pm to midnight every day).

Papyrus HOPELINEUK

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on **0800 068 4141** (24 hours, 7 days a week), email **pat@papyrus-uk.org** or text **07786 209 697**.

HELPLINE DIRECTORIES

Helplines Partnership

For more options, visit **<https://helplines.org/helplines>** website for a directory of UK helplines.

Mind Infoline

<https://www.mind.org.uk/information-support/helplines> can also help you find services that can support you.

Befrienders Worldwide

If you're outside the UK, **<https://befrienders.org/>** has a tool to search by country for emotional support helplines around the world.

NON-URGENT MENTAL HEALTH SUPPORT

NHS 111

Call **111** or visit **<https://111.nhs.uk>** for non-emergency medical help and advice for people living in England, and certain areas of Wales.

Rethink Mental Illness

Visit **www.rethink.org**.

Their charity provides information and support for people experiencing a mental health problem, including an online directory of local support services.

NHS Choices

Visit the NHS website ([nhs.uk](https://www.nhs.uk)).

Their website provides information on a wide range of health and social care topics. It also has an online search tool to find GPs and NHS services near you, including day services.

APPS

Stay Alive

The Stay Alive app, which can be found on [prevent-suicide.org.uk](https://www.prevent-suicide.org.uk) contains resources for people who feel suicidal or are supporting someone else.

PEER SUPPORT

Clic

Clic (<https://clic-uk.org/>) is a free online community which aims to support everyone with their mental health.