

What to do in a Mental Health Emergency

- Call 999 and ask for ambulance
- Go straight to A&E if you can
- Call your local crisis team if you have already been referred by A&E of your GP

If you don't want to call 999 but can keep yourself safe for a short while but you still need urgent advice, please:

- Contact NHS 111 (NHS Direct 0845 46 47 In Wales)
- Contact your GP surgery and ask for an emergency appointment
- Contact a local urgent NHS mental health helpline (24hr advice & support from a professional who can make an assessment on the best course of care)

Devon Partnership NHS Trust 0808 196 8708

Livewell Southwest (Plymouth) 0800 923 9323

Cornwall Partnership NHS Foundation Trust 0800 038 5300

Dorset Healthcare University NHS Foundation Trust 0800 652 0190

If out of these areas search:

[Mental Health Helpline for Urgent Help - NHS \(www.nhs.uk\)](https://www.nhs.uk)

You may need urgent help for many reasons. The important thing to know is you will not be wasting anyone's time.

If you need to talk right now, please:

- Call Samaritans 116 123
- E mail (24-hour response) jo@samaritans.org
- Samaritans Self Help App on Samaritans website.
- Call Mind Infoline service 0300 123 3393
- Mind Website A-Z of mental health and a Mind Service near you.
- NHS Every Mind Matters.
- call [C.A.L.L.](https://www.nhs.uk) on [0800 132 737](https://www.nhs.uk)
- Text SHOUT to 85258

They won't judge, they are free, anonymous, and always open.