What to do in a mental health emergency

IF YOU NEED IMMEDIATE SUPPORT

Call 999 and ask for Ambulance

Go straight to A&E if you can

Call your local crisis team if you have been referred already

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

- Contact NHS 111 (NHS Direct 0845 46 47 in Wales)

- Contact your local 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

Mental Health Helpline for Urgent Help - NHS (www.nhs.uk)

Text SHOUT to 85258

Call Samaritans 116 123   E mail (24-hour response) jo@samaritans.org

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