

Where to get urgent help for mental health

If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment.

It's important to know that support is available, even if services seem busy at the moment because of coronavirus.

NHS urgent mental health helplines

NHS urgent mental health helplines are for people of all ages.

You can call for:

- 24-hour advice and support – for you, your child, your parent or someone you care for
- help to speak to a mental health professional
- an assessment to help decide on the best course of care

[Find a local NHS urgent mental health helpline](#)

Information:

If you've already been given a crisis line number to use in an emergency, it's best to call it.

If you just need to talk, any time of day or night

Free listening services

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

- Call [116 123](tel:116123) 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](#), or text "YM" if you're under 19

If you're under 19, you can also call [0800 1111](tel:08001111) to talk to [Childline](#). The number will not appear on your phone bill.

Information:

Coping during a crisis

The mental health charity Mind has information on [ways to help yourself cope during a crisis](#).

This includes calming exercises and a tool to get you through the next few hours.

Urgent advice: 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.

Use the [NHS 111 online service](#), or call [111](#).

You may be able to speak to a nurse, or mental health nurse, over the phone.

A GP can advise you about helpful treatments and also help you [access mental health services](#). You may be able to refer yourself to some services.

Young Minds Website for Self Harm Advice

<https://www.youngminds.org.uk/parent/a-z-guide/self-harm/>

