

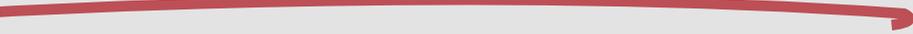
BLACK MINDS MATTER^{UK}

Crisis Lines and Support Organisations

WHERE TO LOOK WHEN YOU
NEED URGENT SUPPORT



What is a 'crisis' line?



Crisis Lines are hotline numbers to call in case of a mental health emergency and are open 24 hours a day. If you are in a mental health crisis, you can call the crisis lines and you can speak to a mental health professional.

What is a mental health crisis?



A mental health crisis is when you need **urgent** help.

You may be extremely anxious or have panic attacks. You could be self-harming or thinking about suicide. You may have felt this way before or it could be a completely new experience for you. Either way, there is support available to help you at any point.

What options are available?



NHS

THE NHS

 **999**

If in an emergency crisis and you feel your life is at risk **or** go straight to A&E if you can

 **111**

For advice



PAPYRUS

Open 24/7, everyday

 **0800068 4141**

 **07860 039 967**

 **papyrus-uk.org**

Working for the prevention of young suicide (under 35).



SAMARITANS

THE SAMARITANS

Open 24/7, everyday

 **116 123** (for free)

 **samaritans.org**

Samaritans work to make sure there's always someone there for anyone who needs someone.

Listening & support services:

Where to look when you need advice or someone to talk to

There are many other fantastic organisations offering support services when experiencing a mental health difficulty. The services they offer will vary depending on the organisation but typically range from helplines, text-services and on-demand digital advice via website.



SANELINE

Open from 4pm-10pm every day of the year

 **0300 304 7000**

 **sane.org.uk**

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

Supporting anyone who may be struggling with their mental health and/or thoughts of suicide. They offer a text service for those who are concerned someone they care about is considering suicide.



SHOUT

 "shout" to **85258**

 **giveusashout.org**

The UK's first Free text messaging support service for anyone struggling to cope.



NATIONAL SUICIDE PREVENTION HELPLINE

Open 6pm-midnight everyday

 **0800689 5652**

 **spuk.org.uk**



CAMPAIGN AGAINST LIVING MISERABLY (CALM)

Open 5pm- midnight
everyday

 **0800 58 58 58**

 **thecalmzone.net**

Here for anyone who's
struggling, every single day of
the year. No matter what.



RETHINK MENTAL ILLNESS

Open 9.30am-4pm
mon-fri, excluding
bank holidays

 **0808 801 0525**

 **rethink.org**

Offering advice on issues such
as mental health, community
care, welfare benefits and
more.



MIND

Open Monday-Friday
9am-6pm

 **0300 123 3393**

 **mind.org.uk**

Offering help whenever you
might need it through our
information, advice and local
services.

Additional specialised services:

MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE

YOUNGmINDS
fighting for young people's mental health

YOUNG MINDS

 [youngminds.org.uk](https://www.youngminds.org.uk)

The UK's leading charity fighting for children and young people's mental health.

THE MIX

THE MIX

 "THEMIX" to **85258**

for 24/7 crisis support.

 [themix.org.uk](https://www.themix.org.uk)

The Mix is the UK's leading digital charity for under 25s.

CAMHS
Child and Adolescent
Mental Health Service

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

Search for your local CAHMS team via the internet for info on how to get access to their service. You will need to get a referral for a CAHMS assessment which can come via your parents/carers, a teacher, GP or yourself if you are old enough.

BEREAVEMENT



CRUSE BEREAVEMENT CARE

Open monday- friday
9.30am-5.30pm

 **0808 808 1677**

 **cruse.org.uk**

Providing mental health
Support if you are
overwhelmed by grief.

Suicide&co

SUICIDE AND CO

Open 9am-5pm
monday to friday

 **0800 054 8400**

 **suicideandco.org**

Supporting those bereaved by
suicide.



MARIE CURIE

Open 8am-6pm
monday-friday &
11am-5pm on saturday

 **0800 090 2309**

 **mariecurie.org.uk**

This service is available for
adults aged 18 or above.

Offering a helpline service for
those seeking bereavement
support.

FINANCIAL WELLBEING ADVICE

NATIONAL
DEBTLINE

NATIONAL DEBT LINE

Open 9am-8pm
and on Saturday
9:30am-1pm.

 **0808 808 4000**

 **nationaldebtline.org**

A registered charity providing free, impartial, expert debt advice

citizens
advice

CITIZENS ADVICE

 **0800 144 8848**
England

 **0800 702 2020**
Wales

 **citizensadvice.org.uk**

Offering confidential advice online, over the phone, and in person, for free.

turn
2US

TURN 2 US

 **turn2us.org.uk**

A charity providing practical help to people who are struggling financially.

StepChange
Debt Charity

STEP CHANGE

 **stepchange.org**

Providing the UK's most comprehensive debt advice service.

GREEN
DOCTOR 

GREEN DOCTOR

 **groundwork.org.uk/greendoctor**

Offering Free, impartial advice to help you take control of your bills, save energy where possible in the home, and access other services and initiatives available.

DOMESTIC ABUSE



REFUGE

24 hour service

 **0808 2000 247**

 **nationaldahelpline.org.uk**

Refuge is the largest specialist domestic abuse organisation in the UK.



Galop

Mon–Thurs, 10am to 8:30pm & Fri, 10am to 4:30pm

 **0800 999 5428**

 **help@galop.org.uk**

 **galop.org.uk**

National Helpline for LGBT+ Victims and Survivors of Abuse and Violence.



SISTAH SPACE

 **sistahspace.org**

Providing support for the various different types of domestic abuse through advocacy and specialist advice for African and Caribbean heritage women in the UK.

Respect
Men's advice line

MENS ADVICE LINE

Open mon-friday
10am-5pm

 **0808 8010327**

 **info@mensadviceline.org.uk**

 **mensadviceline.org.uk**

The helpline for male victims of domestic abuse.

**woman's
Trust**
recovery from domestic abuse

WOMEN'S TRUST

Mon-Fri, 9:30am – 5pm

 **020 7034 0303**

 **office@womanstrust.org.uk**

 **womanstrust.org.uk**

A specialist mental health charity providing free counselling and therapy for women who have experienced domestic abuse.

Disclaimer: Our organisation assumes no responsibility for any information provided in the resources.

If you have any questions or concerns please contact

therapy@blackmindsmatteruk.com ❤️