

Adult Crisis Support

GP

Speak to own GP or call NHS 111

- **Campaign against living miserably (CALM)** for men – 0800 58 58 58

- **Community Mental Health Team**

- 0845 207 7711

If already involved with the **Community Mental Health Team (CMHT)** then please ask to speak with a member of the team you are involved with. The mental health teams include mental health nurses, psychologists and psychiatrists.

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- **Papyrus** - for young adults 0800 068 4141

- **Samaritans** 116 123 (free from mobile or landline)

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- **SANE** 4.30pm-10.30pm 0300 304 7000

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- **SHOUT** - 24/7 text service - (Text Shout to 85258)

- **Valued Lives** 01209 901438 (7 days a week 5pm-midnight)

Other places that may be considered depending on circumstances.

Police