



## Where to Get Help and Listening Support

### **Emergency and Urgent**

In an emergency call 999 or go to A&E now if you feel you cannot keep yourself safe.

If you need urgent help for your mental health but it is not an emergency or you are not sure what to do call 111 or use the NHS 111 online service.

- To talk about anything that is upsetting you call **Samaritans** on **116 123** (free from any phone, 24 hours a day, 365 days a year). They can also be contacted by email: [jo@samaritans.org](mailto:jo@samaritans.org)
- The **Hub of Hope** is a directory of mental health support services in the United Kingdom. You will be asked to type in your postcode to obtain a list of services in your area: <https://hubofhope.co.uk/>
- If you are experiencing a mental health problem call **SANeline** on **0300 304 7000** (4:30 p.m. - 10:30 p.m. seven days a week).

- If you consider you are approaching a mental health crisis call **Head Space** run by Colebrook on **07890 257614** (6:00 p.m. - 10:00 p.m. seven days a week). You can either visit them or phone them for peer support outside of normal working hours.
- If you are under 25 call **The Mix** on **0800 808 4994** (2:00 p.m. to 11:00 p.m. Sunday to Friday), email: <https://www.themix.org.uk/get-support/speak-to-our-team/email-us>, or use the text service: <https://www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger>
- If you are under 35 and struggling with suicidal feelings, or are concerned about a young person who might be struggling call **Papyrus HOPELINEUK** on **0800 068 4141** (10:00 a.m. - 10:00 p.m. weekdays, 2:00 p.m. - 10:00 p.m. weekends and bank holidays).
- If you have autistic spectrum disorder call The National Autistic Society's **Autism Helpline** on **0808 800 4104** (10:00 a.m. - 3:00 p.m. weekdays).
- If you identify as male and require support call the **Campaign Against Living Miserably (CALM)** on **0800 58 58 58** (5:00 p.m. to midnight every day) or use their web chat service: [www.thecalmzone.net/help/webchat/](http://www.thecalmzone.net/help/webchat/) (5:00 p.m. to midnight every day).
- If you identify as gay, lesbian, bisexual or transgender call **Switchboard** on **0300 330 0630** (10:00 a.m. - 10:00 p.m. every day), email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt), or use their web chat service (all operators identify as LGBT+): <https://switchboard.lgbt/>

- If you identify as transgender, non-binary or gender fluid call **Mindline Trans+** on **0300 330 5468** (8:00 p.m. to midnight weekdays).
- If you are a student you can look on the **Nightline** website: <https://www.nightline.ac.uk/want-to-talk/> to see if your university or college offers a night-time listening service.  
Nightline phone operators are all students too.

*There are many other helplines and support groups. Please let Mannamead Counselling know if there is a particular one that you feel we should add to this list.*