



Dealing with a mental health crisis or emergency

A mental health crisis often means that you no longer feel able to cope or be in control of your situation. You may feel great emotional distress or anxiety, cannot cope with day-to-day life or work, think about suicide or self-harm, or experience hallucinations and hearing voices.

Text YoungMinds, Call Samaritans or Contact ChildLine

They have a free to text or call service 24 hours a day, 365 days a year, if you want to talk to someone in confidence.

YoungMinds are Text 'YM' to 85258 Samaritans are 116 123 and ChildLine is 0800 1111.

Contact NHS 111 or use the app

You can call NHS **111** or visit the website <https://111.nhs.uk/> if you or someone you know needs urgent care, but it's not life threatening.

Book an emergency GP appointment

You can also contact your GP surgery and ask for an emergency appointment. In a crisis, you should be offered an appointment with the first available doctor.

Visit A&E or call 999

A mental health emergency should be taken as seriously as a medical emergency. Examples of mental health emergencies include thinking you're at risk of taking your own life or seriously harming yourself and needing immediate medical attention.

Call 999 or go to A&E if you or someone you know experiences an acute life-threatening medical or mental health emergency.