



Crisis support (UK)

Please keep this page somewhere easy to access.

You do not have to handle a crisis alone. Reaching out is a valid and appropriate step.

These services are confidential and free.

If you are at immediate risk, call 999.

Samaritans

For: emotional distress, feeling overwhelmed, loneliness, suicidal thoughts

 116 123 (24/7)

Anyone, any issue, no diagnosis needed.

NHS Mental Health Crisis Lines

For: severe anxiety, panic, suicidal thoughts, risk of harm, mental health crisis

 Local 24/7 number via NHS website or NHS 111

Direct access to NHS crisis teams.

NHS 111

For: urgent mental health help when you're not sure what to do

 111

They can connect you to local crisis or out-of-hours services.



Shout

For: moments of acute distress when talking feels difficult

 Text **SHOUT** to **85258** (24/7)

Confidential text-based support.

PAPYRUS HOPELINE247 (*under 35s*)

For: suicidal thoughts, feeling unsafe, or supporting a young person

 0800 068 4141 |  07860 039967

Specialist support for young people.

Emergency Services

For: immediate risk to life or safety

 **999** or attend A&E.

Support for loved ones:

- **Samaritans** – also for people worried about someone else
- **PAPYRUS HOPELINE247** – guidance for parents, partners, friends

Accessibility note :

Interpreters and text-based options are available via NHS services if speaking is difficult.

Outside the UK:

visit findahelpline.com