

Urgent support



If you are having thoughts of suicide, are harming yourself or have thought about self-harm, it's important to tell someone.

These thoughts and feelings can be complex, frightening and confusing, but you do not have to struggle alone.

If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, contact one of the organisations below to get support right away.

Get urgent support

Free 24-hour listening support

When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult.

Call free on 116 123 or [visit the Samaritans website](#)

Shout offers confidential 24/7 crisis text support for times when you need immediate assistance.

Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

Urgent, non-emergency medical advice

If you need help urgently but are not at risk of death or serious illness, use the NHS 111 non-emergency advice online. [NHS 111 advice online](#)

Only call 111 if you cannot get help online.

People with hearing problems can use the [NHS 111 British Sign Language \(BSL\) service](#).

Dial 999

In a life-threatening emergency, phone the emergency services and ask for an ambulance.

Call 999

Crisis support for young people

If you are under 35 and feel that life is not worth living any more, call Papyrus's HopelineUK from 9am to 10pm weekdays and 2pm to 10pm on weekends.

Call HopelineUK on 0800 068 41 41

Text 07786 209697 [Visit the Papyrus website](#)

CALM

CALM is the Campaign Against Living Miserably, for people in the UK who are down or have hit a wall for any reason.

Call **0800 58 58 58** (daily, 5pm to midnight)

Free, anonymous [webchat with trained staff](#) [Visit the CALM website](#)

When to get urgent support

If you are concerned about your mental health, visiting your GP is a good place to start. If you live in England, in most areas you can also refer yourself for free, non-urgent NHS psychological therapy services, also known as [IAPT \(Improving Access to Psychological Therapies\) services](#), which provide evidence-based treatments for depression and anxiety.

It's important to seek help from your GP immediately if you are experiencing the symptoms below for the first time or are not already receiving care from mental health services:

- hallucinations – hearing or seeing things that are not there (for example, hearing voices); this can also include feeling, smelling or tasting things that are not there
- delusions – having strong beliefs that are not shared by others (for example, believing there is a conspiracy against you)

These are symptoms of psychosis and it's important to get treated as soon as possible, as early treatment is more effective.