

# HELP IN A CRISIS?

## ARE YOU LOOKING FOR HELP IN A CRISIS?

If you need an ambulance call **999**

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**The Samaritans helpline** is 116 123 and is open 24 hours, 7 days a week. Calls can be made anytime, from any phone. All calls are confidential.

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**The Breathing Space helpline** is open Weekdays: Monday-Thursday 6pm to 2am and Weekends: Friday 6pm-Monday 6am - All calls are confidential - 0800 83 85 87

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If your GP is not available, you can call NHS 24 by **dialling 111**

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## DON'T LIKE TALKING ON THE PHONE?

### THE MIX



The Mix offers 24/7 Emotional Well-being and Mental health support for young people age 13-25! Text: THEMIX to 85258 1-2-1 or use the Chat Messenger 4pm - 11pm at [www.themix.org.uk](http://www.themix.org.uk)

### CHILDLINE



Get help and advice about a wide range of issues! Talk to a counsellor online, or send Childline an email or post on their message boards. Chat online 1-2-1 Counsellor Chat [www.childline.org.uk](http://www.childline.org.uk)

### SHOUT



24 hour crisis helpline - Anxious? Worried? Stressed? Get 24/7 help from Shout's team of Crisis Volunteers. Text: 85258 [www.giveusashout.org](http://www.giveusashout.org)

## HELPFUL WEBSITES

### PAPYRUS

For practical advice on suicide prevention.  
<http://www.papyrus.org.uk/>

### YOUNG MINDS

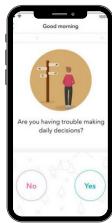
For mental health and wellbeing support for parents and young people

### CAMHS RESOURCES

For a large collection of helpful resources on a range of topics.  
<https://www.camhs-resources.co.uk/>



# APPS



**MOODPATH**  
MoodPath is a free tracking app that asks you daily questions on your emotional and physical well-being.



**CALMHARM**  
Calm Harm is a free app provides tasks to help you resist or manage the urge to self-harm.



**MINDSHIFT**  
Mindshift is a free app designed to help teens and young adults cope with anxiety.



**DISTRACT**  
DistraCT is a free app that aims to help you better understand urges to self-harm, and encourages you to monitor and manage your symptoms.



## TIPS FOR RIGHT NOW

Try not to think about the future – just focus on getting through today

Stay away from drugs and alcohol

Get yourself to a safe place, like a friend's house

Be around other people

Do something you usually enjoy, such as spending time with a pet or remembering a fun memory with a friend

## WORRIED ABOUT SOMEONE ELSE?

### OPEN QUESTIONS

If you're worried about someone, try to get them to talk to you. Ask open-ended questions like: "How do you feel about...?". If they are struggling to talk about it, try a different way of communicating like a note or a text message.

### LISTEN

Do not worry about having the answers. Just listening to what someone has to say and taking it seriously can be more helpful.

See more tips at:  
<https://www.rethink.org/advice-and-information/carers-more-about-symptoms/suicidal-thoughts/how-to-support-someone/>