



## **Crisis Numbers and Helplines**

### **Mental Health Services**

- Mind: 0300 123 3393 (9am-6pm, Mon-Fri)
- Samaritans: 116 123 (24/7)
- SANEline: 0300 304 7000 (4.30pm-10.30pm daily)
- Shout: Text "SHOUT" to 85258 (24/7)
- Papyrus HOPELINEUK: 0800 068 4141 (24/7 for under 35s)

### **Addiction Services**

- Alcoholics Anonymous: 0800 917 7650 (24/7)
- Narcotics Anonymous: 0300 999 1212 (10am-midnight)
- Frank: 0300 123 6600 (24/7)

### **Domestic Abuse Helplines**

- National Domestic Abuse Helpline: 0808 2000 247 (24/7)

- Men's Advice Line: 0808 801 0327 (9am-8pm, Mon-Fri)
- Galop (LGBT+ Domestic Abuse Helpline): 0800 999 5428 (10am-5pm, Mon-Fri)

### **Eating Disorders**

- Beat Eating Disorders: 0808 801 0677 (3pm-10pm daily for adults),
- Beat Eating Disorders: 0808 801 0711 (3pm-10pm daily for under 18s)

### **General Crisis Support**

- NHS 111: Call 111 and select option 2 for urgent mental health support (24/7)
- Campaign Against Living Miserably (CALM): 0800 58 58 58 (5pm-midnight daily)
- National Suicide Prevention Helpline UK: 0800 689 5652 (6pm-midnight daily)