



## USEFUL CONTACT NUMBERS

### NHS 111

WEBSITE:

[HTTP://WWW.NHS.UK/NHSENGLAND/ABOUTNHS SERVICES/EMERGENCYANDURGENTCARES SERVICES/PAGES/NHS-111.ASPX](http://www.nhs.uk/nhsenland/aboutnhservices/emergencyandurgentcareservices/pages/nhs-111.aspx)

TELEPHONE: 111

AVAILABLE 24 HOURS A DAY, 365 DAYS A YEAR.

CALLS ARE FREE FROM LANDLINES AND MOBILE PHONES.

### SAMARITANS

WEBSITE: [HTTP://WWW.SAMARITANS.ORG](http://www.samaritans.org)

EMAIL: [JO@SAMARITANS.ORG](mailto:JO@SAMARITANS.ORG)

TELEPHONE: 116 123

AVAILABLE 24 HOURS A DAY, 365 DAYS A YEAR.

### PAPYRUS

WEBSITE: [HTTP://WWW.PAPYRUS-UK.ORG/SUPPORT/FOR-YOU](http://www.papyrus-uk.org/support/for-you)

TELEPHONE: 0800 068 41 41.

THE HELPLINE IS OPEN EVERY DAY OF THE YEAR; ON WEEKDAYS FROM 10AM - 5PM AND 7PM - 10PM AND DURING THE WEEKENDS FROM 2PM - 5PM.

THEY PROVIDE ADVICE FOR YOUNG PEOPLE WHO MAY HAVE SUICIDAL THOUGHTS, AND PARENTS AND CARERS.

### MIND

WEBSITE: [HTTP://WWW.MIND.ORG.UK/](http://www.mind.org.uk/)

EMAIL: [INFO@MIND.ORG.UK](mailto:INFO@MIND.ORG.UK)

TELEPHONE: 0300 123 3393

MIND HELPLINES ARE OPEN MONDAY TO FRIDAY, 9.00AM TO 6.00PM

### CHILDLINE

WEBSITE: [HTTP://WWW.CHILDLINE.ORG.UK/](http://www.childline.org.uk/)

TELEPHONE: 0800 1111

CALLS ARE COMPLETELY FREE AND WON'T SHOW UP ON A PHONE BILL. AVAILABLE 24 HOURS A DAY.

### SHOUT

WEBSITE: [WWW.SHOUT.ORG](http://www.shout.org)

TEXT NUMBER: 85258

CRISIS TEXT SERVICE AVAILABLE 24/7.