**Mental Wellbeing Resources**

**Urgent Crisis Support**

If you or someone you know is in mental health crisis and needs help fast:

* Ring 999 to contact emergency services
* Go to your nearest Accident and Emergency Centre

If its not an emergency but urgent:

* Ring 111 open 365 days a year for guidance on appropriate services
* Go to your GP

**Crisis and emotional support helplines**

**Samaritans**

Freephone: 116123 (24/7) [www.samaritans.org.uk](http://www.samaritans.org.uk) email: jo@samaritans.org

**Saneline**

Phone: 0300 304 700 (6pm to 11pm 7 days per week) [www.sane.org.uk](http://www.sane.org.uk)

**Helplines Partnership**

Find support at [www.helplines.org.uk](http://www.helplines.org.uk)

**Mental Health information**

**Mind Infoline** 0300 123 3393 (local rate) (9am to 6pm M-F) or text 86463

**Rethink Advice and Information Service** 0300 5000 927 (local rate) (9.30am to 4pm)

**Find a Therapist**

**British Association for Behavioural and Cognitive Psychotherapies**

[www.babcp.com](http://www.babcp.com)

**British** Association fo**r Counselling and Psychotherapy Register**

[www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk)

**Counselling Directory**

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)