

HELPING OTHERS WITH THEIR MENTAL HEALTH WORKSHOP RESOURCE

Need immediate assistance?

If you are feeling very distressed, despairing or suicidal and need immediate help, please contact your GP and ask for an emergency appointment. If your GP is closed, consider calling the national non-emergency number in your country (in the UK this is 111 or 0845 46 47 in Wales) if you urgently need medical help or advice but it's not a life-threatening situation. You can also call 111 in the UK if you're not sure which NHS service you need.

To receive more immediate support, you can also call your local NHS urgent mental health helpline.

Alternatively, go to your nearest Accident and Emergency (A&E) department where a mental health practitioner will be able to assess you and give you appropriate help.

Other organisations that could help:

CALM – Campaign Against Living Miserably - A registered charity, which exists to prevent male suicide in the UK.

Phone helpline: 0800 58 58 58

Website: <https://thecalmzone.net/>

Samaritans - A national registered charity with local branches.

Phone helpline: 116 123 (free, 24/7)

Website: <https://www.samaritans.org/>

The Hub of Hope - The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

Website: <https://hubofhope.co.uk>

Find a local NHS urgent mental health helpline (England only)

Website: <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

