

KEEPING SAFE AND GETTING SUPPORT IN A CRISIS

If I feel at risk of harm to myself or others or my mental health is getting worse, I can contact any of the following:

- **Mental Health Helpline:** 0800 145 6485 for residents of Cheshire East, West and the Wirral. Operated by NHS staff. Open 24/7 and accessible to all age groups.
- **Samaritans:** A national service, operated by trained volunteers. Telephone: 116 123 or email jo@samaritans.org Open 24/7 and accessible to all age groups.
- **SHOUT:** A national free text service; **text SHOUT to 85258**. Operated by trained volunteers, SHOUT help people to move from a moment of crisis to a calmer state and form a plan for next steps to find longer term support. Open 24/7 and accessible to all age groups.
- **Accident & Emergency Department:** Attend your nearest Accident and Emergency Department, located at your nearest hospital and ask to see a member of the Liaison Psychiatry or Crisis Team. You can dial 999 to request an ambulance to take you there. Open 24/7 and accessible to all age groups.
- Contact your GP surgery and request an urgent appointment with your GP, within surgery opening hours. Accessible to all age groups.