

# DO YOU NEED URGENT HELP?



This infographic will provide you with numbers and information of necessary organisations that will provide the help you need when you are in a crisis situation.

## 1 EMERGENCY SERVICES: 999

This should be your first port of call if you are in need of urgent medical attention. Especially if you think you might act on suicidal thoughts, or you've harmed yourself and need urgent medical attention.

\*Aside from Accident & Emergency (A&E) services, contact your GP for an Emergency appointment.



## 2 SAMARITANS: 0116 270 0007

Trained volunteers are able to listen to you any time day or night. They can help you talk through whatever is troubling you, find the answers that are right for you, and offer support.

hello!

## 3 TURNING POINT: 0808 800 3302

A free, confidential, mental health crisis helpline which is open 24/7. This number is free to call from landlines and do not appear on itemised bills.



## 4 PATHWAYS PROJECT: 01543 676 800

Our telephone helpline staff and volunteers have all trained in domestic abuse, know our services inside and out, and are committed to providing you with the right information to be able to make your own decisions.



## 5 NHS:111

Call this number if you are in need of urgent advice or support, without immediate danger to your safety or the safety of others.



These numbers are designed to help you in a crisis situation as it is important to talk to someone if you reach this point. They are here to help and are ready to provide support 24 hours a day.