Hello *(person’s name)*

Thank you for talking to me today.

As we talked about, here is a quick email with some details of mental health support options, which I hope is helpful.

It’s important to let you know **there is someone to talk to 24 hours a day, 7 days a week.**

## If your life is at risk right now

## If you feel like you might attempt suicide, or may have seriously harmed yourself, you need urgent medical help. Please:

* **Call 999** for an ambulance.
* Go straight to A&E, if you can.
* Call your local NHS urgent mental health helpline on **0800 028 0077** (free to call & open 24/7).
* Call NHS 111, select option 2.

**If you need someone to talk to**

If you feel distressed, are struggling to cope or need someone to talk to, the below services are here to help you:

* Call Samaritans for free on **116 123** or email jo@samaritans.org.
* Call Derbyshire Mental Health Helpline and Support Service for free on **0800 028 0077 (or NHS 111, select option 2)**. You can find out more about this service by clicking on this link <https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>.
* Call the National Suicide Prevention Helpline UK on **0800 689 5652**.

These services are **FREE** to call and are open **24/7**

**If you would prefer to text instead**

You can text ‘**‘SHOUT’’** to **85258** for free from all major UK mobile networks. You will then be connected to a volunteer for an anonymous conversation by text message.

**If you would like to learn more about mental health**

You can click on the link below to read more about looking after your mental health and find out about mental health support services in your area.

[Mental health and wellbeing - Derbyshire County Council](https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/mental-health-and-wellbeing.aspx)

If you would like to talk about your concerns around your mental health, you can contact:

* Your GP.
* Any mental health professionals who are currently supporting you.

Thank you,

*(Organisation)*

Please note that *(Organisation)* is not a crisis service. This email account is not regularly monitored. Please contact the above services if you are experiencing a mental health emergency.