Organisation Logo

**Mental Health Support Information**

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](https://www.nhs.uk/Service-Search/other-services/Accident%20and%20emergency%20services/LocationSearch/428), 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>.

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. You might find this website helpful.

[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.