



**EMERGENCY SUPPORT**

Need to talk to someone?

COMBAT STRESS (24HR)

**0800 138 1619**

FRIENDS OR FAMILY

BIGWHITEWALL.COM



Feel you're at risk?

SAMARITANS (24HR)

**08457 909090**

NHS OUT OF HOURS GP

111 NON-EMERGENCY

**111**



Suicidal or risk harming others?

999 EMERGENCY

**999**

COMMUNITY MENTAL  
HEALTH CRISIS TEAM

HOSPITAL  
A&E

