

KEEPING SAFE AND GETTING SUPPORT

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

- contact my GP, ask for an urgent appointment.
- go to my local hospital or call 999.
- call NHS on 111 open 24 hours a day (includes physical health problems)

Areas of immediate support for mental health

Samaritans 01706 86 86 86 (local call charges apply), National telephone **116 123** (this number is free to call), Email Samaritans: jo@samaritans.org (UK and ROI)
Visit branch: Samaritans Manchester 5 Caton Street, Rochdale Manchester, OL16 1QJ

Campaign Against Living Miserably (CALM) – for men day Call 0800 58 58 58 – 5pm to midnight every

The Silver Line – for older people (aged 55 and over)
Call 0800 4 70 80 90

Papyrus

Confidential suicide prevention advice for young people and adults up to 35 years of age.
Hopeline staffed by counsellors and mental health practitioners: **0800 068 4141**
10am – 10pm Mon to Fri and from 12pm – 10pm Sat & Sun
www.papyrus-uk.org

Police or Ambulance Service

If you or anyone else is in immediate danger or harm then please call 999