

## Crisis resources

### UK & Ireland:

If you're experiencing suicidal thoughts or the urge to hurt yourself, you can:

- Contact your GP for an emergency appointment
- Call 111 to speak to an NHS mental health professional

If you're hurt or in immediate danger, call 999 or go to your local Accident & Emergency department

**MIND** provide some useful crisis support information ([Getting help in a mental health crisis | Mind, the mental health charity - help for mental health problems](#))

The following organisations have trained volunteers who can listen & provide support:

**Samaritans** can be contacted 24/7 via their helpline (116 123) or email ([jo@samaritans.org](mailto:jo@samaritans.org))

**Shout:** Text 'Shout' to 85258 any time for a text conversation (<https://giveusashout.org/>)

**Campaign Against Living Miserably (CALM)** are open 5pm-midnight every day of the year and can be contacted via their helpline (0800 58 58 58) or webchat (<https://www.thecalmzone.net/>)

**Papyrus** offers HopelineUK for young people under 35 every day 9am-midnight. Call: 0800 068 4141, Text: 07860 039 967 or Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) (<https://www.papyrus-uk.org/>)

### International:

The following list sources of crisis support worldwide:

**Your Life Counts** [Find Help – Your Life Counts](#)

**Befrienders Worldwide** [Befrienders Worldwide | Emotional support to prevent suicide worldwide](#)

**Wikipedia** [List of suicide crisis lines - Wikipedia](#)