



**NEED
SUPPORT?**

National & Local Services if you are in crisis or need support:

NHS: 111

Samaritans UK: 116 123 (24-hour line)

Shout - crisis text line: 85258 (24-hour line)

MIND: 0300 123 3393 (9am to 6pm, Monday to Friday)

MIND: 18001 0300 3393 123 (for hearing or speech impaired callers)

Anxiety UK: 08444 775 774 (9.30am to 5.30pm, Monday to Friday)

No Panic: 0844 967 4848 (10am to 10pm, Monday to Friday)

Young Suicide Prevention Society (PAPYRUS): 0800 068 4141

(10am-5pm & 7-10pm, Monday to Friday. Weekends 2-5pm)

Rethink Mental Illness: 0300 5000 927 (9.30am to 4pm, Monday to Friday)

CALM: 0800 58 58 58 (5pm-midnight, Monday to Sunday)

Mental Health Rapid Respond Service (MHRRS): 0300 304 0078

Service Guide

Samaritans UK: Confidential phone service if you are worried, having a hard time, or suffering suicidal thoughts.

Shout: 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

MIND: An Infoline where you can get information on mental health problems, where to get help, and advocacy.

Anxiety UK: A line to advice for those affected by anxiety, stress and/or anxiety based depression, their family, friends, loved ones and professionals.

No Panic: A call line for people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. Also call for a recording of a Breathing and Relaxation Technique.

PAPYRUS Young Suicide Prevention Society: A confidential call line for support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.

Rethink Mental Illness: An advice service which offers practical help on issues such as the Mental Health Act, community care, welfare benefits and carers rights, as well as general help on living with mental illness, medication and care.

CALM: A call line for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

<https://www.thecalmzone.net/help/help-near-you/>

MHRRS: Provides an urgent response service to the people of Brighton & Hove when they feel they are in a mental health crisis and are at immediate risk of harming themselves or others.