



THE MINISTRY OF PARENTING

Advice for crisis support - If feeling in a crisis and need help very quickly.

If you feel at serious and immediate risk then contact the ambulance or police by dialling 999.

If you feel like you are not coping and need to speak to someone straight away, or like you may want to harm yourself or are having suicidal thoughts there are lots of things you can do to keep yourself safe:

Tell someone you trust how you are feeling so they can support you to get the right help

Call your GP

Visit A&E if you feel like you might seriously harm yourself

Samaritans local helpline: 01245 357357

Other support

Mind

Mind offer a free counselling service as well as a private counselling service, both are for people aged 18 and over.

Health in Mind takes the referrals for the free counselling service and will decide whether it is the best treatment. Please take a look at Mind free counselling page for more information about Health in Mind and this service. <https://mnessexmind.org/how-we-can-help/help-for-adults/counselling/free-counselling/>