



2wish

# Mental Health Support

Support for those affected by sudden death in young people



**If you feel like you might attempt suicide, or may have seriously harmed yourself, you need urgent medical help.**

**Please:**

- Call 999 for an ambulance.
- Go straight to A&E, if you can.
- Call your local crisis team. If you don't already have their number, you can find an urgent mental health helpline on the NHS website.

If you can't do this by yourself, ask someone to help you.

Mental health emergencies are serious. You're not wasting anyone's time.

**If you don't want to call 999:**

**If you can keep yourself safe for a short while, but you still need urgent advice:**

- Contact NHS 111
- 111 will tell you the right place to get help. You may be able to speak to a trained mental health professional over the phone.
- Contact a local urgent mental health helpline.
- Contact your GP surgery and ask for an emergency appointment. Many GPs are now offering these remotely. A GP can advise you about helpful treatments and also help you access mental health services. You may be able to refer yourself to some services.

## Other ways to get help with your mental health

### Free Listening Services

These services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

### Samaritans

Provide a confidential listening service available any time, day or night.



116 124



[jo@samaritans.org](mailto:jo@samaritans.org) - for a reply within 24 hours.

### Shout

A free, confidential, 24/7 text support service for anyone in the UK.



Text "SHOUT" or text "YM" if you're under 19, to 85258

### Childline

Free 24 hour confidential service for under 19s. Trained counsellors are available day or night. The number will not appear on your phone bill.



0800 1111

### Papyrus

Young suicide prevention society.



Hopeline – 0800 068 4141, Monday to Friday 10am – 10pm,  
2pm – 10pm on weekends and Bank Holidays.

## Mind



Support Line - 0300 102 1234, Monday to Friday (except bank holidays) 9am - 6pm.

## Saneline

A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.



0300 304 7000, Every day of the year, 4pm - 10pm.

## Contact Us



[support@2wish.org.uk](mailto:support@2wish.org.uk)



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[www.2wish.org.uk](http://www.2wish.org.uk)

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