

## ONLY IN AN EMERGENCY PHONE

**999**

- Know where you are.
- Know what the problem is.
- Stay where you are.
- Speak Clearly.
- Do not hang up until told to by the operator.
- Keep your phone switched on.

## KEEP A CIVIL TONGUE

# SAMARITANS

### Need to talk things through?

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

**116 123 (free to call)**

*24 hours*

[www.samaritans.org](http://www.samaritans.org)

e-mail: [jo@samaritans.org](mailto:jo@samaritans.org)

### On your mobile or tablet?

The Stay Alive App:

[www.prevent-suicide.org.uk/  
stay\\_alive\\_suicide\\_prevention\\_mo  
bile\\_phone\\_application](http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application)

## URGENT MEDICAL CARE

To see a doctor outside of normal office hours or for expert **Heath Advice** and re-assurance contact:

**Phone: 111**  
[www.nhs.uk/111](http://www.nhs.uk/111)



the support network

Get through your troubles on Big White Wall.  
Be safe, open and anonymous.

**FREE** for Military Veterans

[www.bigwhitewall.com](http://www.bigwhitewall.com)

## LifeSIGNS

(Self-injury Guidance & Network Support)  
creates understanding of self injury by  
providing information & support to those  
affected by it.

[www.lifesigns.org.uk](http://www.lifesigns.org.uk)

# Who to contact

**In times of distress**

**Crisis**

**If your condition deteriorates**

## MENTAL HEALTH CRISIS HELPLINE

(Only available to people living in Surrey and North East Hampshire)

[www.sabp.nhs.uk/help](http://www.sabp.nhs.uk/help)

Speak to someone trained to help you manage your distress and keep you safe. Available evenings (17:00 – 09:00), with 24h cover at weekends and bank holidays:

**0300 456 83 42**

**If they are engaged, leave a message and they will phone you within 30 minutes.**

Or to get someone to call you back text:

**07717 989 024**

**Text-phone** calls for people who are deaf or hard of hearing are supported through the Text Relay Service by calling:

**Text Relay: 18001**

**Can you wait to speak to a GP at your registered surgery?**

GP's are aware of many more services that may help you. Find your nearest Doctor's Surgery at this website:  
[www.nhs.uk](http://www.nhs.uk)



**In crisis? Rather than A&E, why not visit**

### The Oasis

Out of hours mental health support

#### Just Wellbeing

86 Cove Rd  
Farnborough  
GU14 0EU

**6.30pm to 9.30pm**

**Seven days per week inc. Bank Holidays**

or

#### 'Safe Haven' at the Time Out Café

The Wellbeing Centre  
121-123 Victoria Rd, Aldershot, GU11 1JN

**Mon-Fri 6pm–11pm**

**Weekends & Bank Holidays 12.30-11pm**

**1-1 support if needed**

**Service Users, Carers & Families welcome**

### NATIONAL DOMESTIC ABUSE HELPLINES

For anyone affected by domestic violence.

**24 hour helpline**

**0808 2000 247**

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

**WOMEN'S AID:** [www.womensaid.org.uk](http://www.womensaid.org.uk)

**REFUGE:** [www.refuge.org.uk](http://www.refuge.org.uk)

### MEN'S DOMESTIC ABUSE

Men of any age affected by domestic violence.

**Men's Advice Helpline – 0808 801 0327**

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

**Mankind – 01823 334 244**

[www.mankind.org.uk](http://www.mankind.org.uk)

### VULNERABLE PERSON IN NEED OF URGENT SUPPORT?

Contact:



**Hampshire Social Services**  
During the day: **0845 603 5630**  
**Hampshire Social Services**  
out-of-hours contact number:  
**0845 600 4555**



**Surrey Social Services**  
During the day: **0300 200 1005**  
**Surrey Social Services**  
out-of-hours contact number:  
**01483 517898**

### NATIONAL LGBT+ ANTI VIOLENCE CHARITY (Run by GALOP)

GALOP provides confidential advice & support

For LGBT+ people

**0800 999 5428**

[www.galop.org.uk](http://www.galop.org.uk)

### AANCHAL

Helpline offering telephone support, emotional counselling and group work. Specifically for Asian women.

Languages offered are: English, Bengali, Gujarati, Hindi, Punjabi, Sylheti, Tamil, Urdu

**Helpline**

**0845 451 2547**

[www.aanchal.org.uk](http://www.aanchal.org.uk)