

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

e-mail: 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 **Health Advice** and re-assurance contact:

Phone: 111

'Safe Haven' at the Time Out Café
Walpole House, Pickford Street, Aldershot GU11 1TZ

Mon-Fri 6pm—11pm
Weekends & Bank Holidays 12.30-11pm
1-1 support if needed
Service Users, Carers & Families welcome

togetherall

Get through your troubles With Togetherall.
Be safe, open and anonymous.
FREE for Military Veterans

<https://togetherall.com/en-gb/>



LifeSIGNS

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

www.lifesigns.org.uk

Who to contact

In times of distress

Crisis

If your condition deteriorates



Your Mental Health Matters

MENTAL HEALTH CRISIS HELPLINE

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

www.sabp.nhs.uk/help

Available 24 hours every day.

0800 915 4644

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

NATIONAL DOMESTIC ABUSE HELPLINES

For anyone affected by domestic violence.

24 hour helpline – 0808 2000 247

www.nationaldomesticviolencehelpline.org.uk

WOMEN'S AID: www.womensaid.org.uk

MEN'S DOMESTIC ABUSE

Men's Advice Helpline – 0808 801 0327

www.mensadviceline.org.uk

Mankind – 01823 334 244

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

Young Person' Safe Haven: North East Hampshire and Farnham

Offers young people aged 10-17 access to out of hours emotional and practical support with their mental health. Currently providing an online, telephone and face-to-face service (by appointment only).

For phone support or to make an appointment for face-to-face support: **07918259361**

Free, 24/7 mental health text support in the UK | Shout 85258

Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support. **Text SHOUT to 85258.**

giveusashout.org

Sashas project

Runs a drop-in crisis centre at The Point Youth Centre, Harlington Way, Fleet GU51 4BP.

Open from 10pm to 6am every Saturday night, for young people age 16 to 25 who are experiencing a mental health crisis or who are having thoughts of suicide.

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
COUNTY COUNCIL

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

AANCHAL (www.aanchal.org.uk)

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

