**CRISIS MANAGEMENT**

If you are struggling and feel the need to talk to someone, then you can call:

* **Samaritans**

116 123 (24/7, 7 days a week)

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

* **SANEline**

0300 304 7000 (4:30pm – 10:30pm, 7 days a week)

Support Forum: [www.sane.org.uk/what\_we\_do/support/supportforum](http://www.sane.org.uk/what_we_do/support/supportforum)

Website: [www.sane.org.uk](http://www.sane.org.uk)

* **SHOUT**

text Shout to 85258

If thoughts of suicide become more frequent and intense, or you notice an increase in your intent to carry out a suicide plan, please call:

* your GP (ask for an emergency appointment).
* If your GP is unavailable or it is ‘out of hours’, call 999 or go straight to A&E.

**In an emergency situation, whereby you have already acted, dial 999 immediately or find a way to present yourself at your local A&E department.**