

Crisis Services and Support Available in England and Wales

Is your situation urgent and life-threatening or have you seriously harmed yourself?
Then please go to any hospital A&E department and ask for help. Or call 999 for an ambulance.

If you are experiencing a mental health crisis, call NHS 111 and select the mental health option
This is option 2.

However, if there is no immediate danger to life and would prefer support, then please see below for a list of support services available.

Note: These numbers are for services available for the whole of England and Wales.

Please be advised that this information was collated from the internet and from their websites, and they were accurate as of the 04.04.2025.

<i>If you are feeling suicidal or in crisis, do talk to somebody about how you are feeling. Talk to somebody that you trust or contact your GP or one of the services listed below.</i>		
Service Name & Website	Number/s	Who they are
Samaritans https://www.samaritans.org/	116 123	Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year
Cruse Bereavement Support https://www.cruse.org.uk/	0808 808 1677	Grief can be overwhelming. You don't have to deal with it alone
The Silver Line https://www.thesilverline.org.uk/	0800 470 8090	We offer friendship, conversation, and support to older people aged 55 and over. Whatever the day or time, you can pick up the phone and speak to one of our friendly Silver Line team members.
Childline https://www.childline.org.uk/about/about-childline/	0800 1111	Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night.