

Crisis Services



If you are in crisis, reach out for help immediately. Below are some services you can contact.

- In an emergency, dial **999** for help or go to your nearest A&E. You can also contact **NHS 111** for urgent mental health support.
- **Samaritans** are available for telephone support 24/7 at 116 123. They also provide email and online chat services at samaritans.org/scotland/how-we-can-help/
- **Breathing Space** provide emotional support for people in Scotland from 6pm to 2am on weekdays, and from Friday at 6pm to Monday at 6am. They can be reached at **0800 838587** and offer online chat at breathingspace.scot
- **SANEline** is an out-of-hours helpline available every day from 4pm to 10pm at **0300 304 7000**. They also have an email support service which can be reached at support@sane.org.uk
- **The CALM Zone** have a helpline open 5pm to midnight every day at **0800 585858**. They also have an online webchat which operates the same hours at thecalmzone.net/suicide-prevention-helpline
- You can contact **Shout** for support 24/7 by texting "SHOUT" to **85258**
- Individuals under the age of 19 can contact **Childline** for 24/7 support at **0800 1111**. They also have an online chat service at childline.org.uk/get-support/1-2-1-counsellor-chat