

WHERE TO GET URGENT HELP FOR MENTAL HEALTH

every mind
matters

Is your mental or emotional state quickly getting worse?

Are you in crisis or despair? Are you worried about someone you know? Help is available.

It's important to get help quickly. You are not alone; talk to someone you trust.

Sharing a problem is often the first step to feeling better.

IF YOU NEED TO TALK, ANY TIME OF DAY OR NIGHT

These services offer confidential advice from trained volunteers. Most are free to call. You can talk about anything that's troubling you, no matter how difficult:

- Call **116 123** to talk to [Samaritans](#) or email: jo@samaritans.org for a reply within 24 hours
- Under 19? You can call **0800 1111** to talk to [Childline](#)
- [Mental Health Matters Devon Helpline](#) provides a 24/7, 365 days mental health help on **0800 4700317**
- Text "**SHOUT**" to **85258** to contact the [Shout Crisis Text Line](#), or text "**YM**" if you're under 19
- Call [Devon Partnership NHS Trust](#) for urgent concerns about mental health and/or learning disability. This helpline is available **24/7** for **all ages** on **0300 555 5000**
- [The Moorings](#) offer out-of-hours mental health support to anyone aged 16+ on **07483 991 848** (6pm until midnight, 7 days a week) or e-mail: devontorquay.mhm@nhs.net
- [HOPELINEUK](#) provides confidential support for young people who are having thoughts of suicide on **0800 068 4141** or text: **07860039967**, or email: pat@papyrus-uk.org (9am - 10pm weekdays, 2pm - 10pm weekends, 2pm - 10pm bank holidays)

ARE YOU IN A CRISIS, EMERGENCY OR BREAKDOWN?

Call **999** or go to **A&E** now if someone's life is at risk - for example, they have seriously injured themselves or taken an overdose OR you do not feel you can keep yourself or someone else safe.

Call **116 123** to talk to [Samaritans](#) or if you've already been given a crisis line number to use in an emergency, it's best to call it.

GET ADVICE FROM **111** OR ASK FOR AN URGENT GP APPOINTMENT IF:

- you need help urgently for your mental health, but it's not an emergency
- you're not sure what to do

Use the [NHS 111 online service](#), or call **111** (available 24 hours a day, seven days a week) who will tell you the right place to get help if you need to see someone.