

# WHAT CAN I DO IN A CRISIS?

## MENTAL HEALTH



Feeling low?  
Anxious?  
Struggling to cope?

Text the word **SHOUT** to **85258** for free, anonymous support that won't show up on your phone bill.

You don't need to register, download an app or use mobile data. For more information, visit [giveusashout.org](http://giveusashout.org).

**shout**  
85258  
here for you 24/7

Text **SHOUT** to **85258**  
Free, confidential support, 24/7

### **SHOUT**

Text the word SHOUT to 85258. It is free, confidential and text-based.

### **CAMHS crisis team**

You can call CAMHS Crisis team on 08000 51 61 71, press option 3 then option 1.



Here if you need us  
Talk to us, we'll listen

Call free day or night on  
**116 123**

Email  
[jo@samaritans.org](mailto:jo@samaritans.org)

**SAMARITANS**

samaritans.org

### **Samaritans**

Call 116 123 and someone will just listen to you. Its free and they are always open.

### **HopeLine**

Call Hopeline on 0800 068 4141. They are open 10am - 10pm during the week and 2pm - 10pm at the weekend.



### **ChildLine**

Call ChildLine on 0800 11 11, you can talk to them about anything, and it's completely free.

