

# How to get help in a mental health crisis

## What is a crisis?

Having a mental health crisis means different things to different people.

You might feel so distressed that you want to harm yourself, or someone else.

You might hear unpleasant voices, or feel that people are watching you or trying to hurt you.

It could help to tell someone you trust, maybe a family member or a friend. They can be with you and help you decide what to do. They can also contact services on your behalf.

## If you are in contact with a mental health service:

Check your care plan, if you have one, and:

**During office hours** contact your care coordinator or the duty number for the team that is supporting you.

**Out of hours call 0800 731 2864** to speak to our crisis line for patients and carers.

**If you need urgent help:**

**Call 111** to speak to the free NHS helpline for anyone with an urgent healthcare need. Tell them if you need a translator.

**Call 0800 731 2864** to speak to our local NHS crisis line for patients and carers.

**If you are with someone who has attempted suicide, call 999** and stay with them until the ambulance arrives.

**For more information, visit  
[www.slam.nhs.uk/crisis](http://www.slam.nhs.uk/crisis)**