

# CRISIS CONTACTS

If you have concerns about your safety or the safety of others please contact a relevant organisation from the list below and/or visit your local Accident and Emergency Department.

For any physical injury, poisoning, overdose or imminent risk please attend A&E immediately at your local hospital or call **999**.

- Contact your local GP.
- Child Line: **08001111** - If you are worried about anything, it could be something big or something small, don't bottle it up.
- Call **111** to speak to the free NHS helpline for anyone with an urgent healthcare need. 24 hours a day, 365 days a year. Tell them if you need a translator.
- Eating Disorders service children and young people (NHS): **02032282545** – 9am-6.00pm.
- Kooth, from XenZone, is an online counselling and emotional well-being platform for young people, accessible through mobile, tablet and desktop - <https://kooth.com/>
- Family Lives: **08088002222** - Charity providing help and support in all aspects of family life.
- Get Connected - Offers help by telephone and email for young people (under 25) who self-harm. Tel: **080 88084994** (1pm to 11pm)

- Samaritans - A 24/7 helpline service which gives you a safe space where you can talk about what is happening, how you are feeling, and how to find your own way forward.

Tel: **08457 90 90 90 (24/7)**. Email:  
jo@samaritans.org

- Eating Disorders Support UK: **01494793223**

Email: support@eatingdisorderssupport.co.uk

- The National Self-Harm Network. Tel:  
**08006226000** (7pm to 11pm)
- FRANK: friendly, confidential drugs advice. If you want to talk, you can call FRANK, 24 hours a day, 365 days a year. Tel: **0300 123 6600**.  
<https://www.talktofrank.com/>
- NACOA - The National Association for Children of Alcoholics. Tel: **0800 358 3456**. Email us now to start a conversation:  
helpline@Nacoa.org.uk
- POPYRUS HOPELineUK - Aims to prevent young people taking their own lives. Provides support, practical advice and information both to young people worried about themselves, and to anyone concerned that a young person may harm themselves. Tel: **0800 0684141** (Mon to Fri 10am - 5pm and 7pm - 10pm & Weekends 2pm - 5pm).