

M E N T A L

H E A L T H

R E S O U R C E S

CRISIS AND EMOTIONAL SUPPORT HELPLINES

[Mind Infoline](https://cbtregisteruk.com/Default.aspx)

[*Phone: 0300 123 3393*](https://cbtregisteruk.com/Default.aspx)

[*Email: info@mind.org.uk*](https://cbtregisteruk.com/Default.aspx)[*Text: 86463*](https://cbtregisteruk.com/Default.aspx)

[*PO: Mind Infoline, PO Box 75225, London, E15 9FS*](https://cbtregisteruk.com/Default.aspx)

[Rethink Advice and Information Service](https://cbtregisteruk.com/Default.aspx)

[*Phone: 0300 5000 927*](https://cbtregisteruk.com/Default.aspx)

OXFORDSHIRE RESOURCES

[24 Hour Helpline for Oxfordshire](https://www.oxfordhealth.nhs.uk/news/24-7-mental-health-helpline-for-buckinghamshire-oxfordshire/)

*For adults: 0800 783 0119* **OR** *01865 904*

*997*

*For children: 0800 783 0121* **OR** *01865*

*904 998*

[Safe Haven](https://www.oxfordhealth.nhs.uk/support-advice/what-to-do-in-an-emergency/)

*Safe Haven is an out of hours service offering support and signposting.*

*Phone: 01865 903 037*

[Oxfordshire Mind](https://www.oxfordshiremind.org.uk/help/crisis-help/)

*Oxfordshire Mind contains information on local resources available to those*

*experiencing a mental health crisis.*

If you are experiencing a mental health crisis, **you should ring 999 or visit your nearest Accident and Emergency**

**department.** If you need urgent help, but it is not a medical emergency, you can

ring 111 for professional health advice, or contact your GP.

[Local NHS Urgent Mental Health Helplines](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)

[Samaritans](https://www.samaritans.org/how-we-can-help/contact-samaritan/?gclid=CjwKCAjw4rf6BRAvEiwAn2Q76s2lkObq-J4SfYxRyuq3WBQRDBSLNIjOD8fZLJGAQJlHcIjGRBSxkhoCJi0QAvD_BwE)

*Phone: 116 123*

*Email: jo@samaritans.org*

[SANEline](http://www.sane.org.uk/what_we_do/support/helpline)

*Phone: 0300 304 7000*

*Email: support@sane.org*

[Shout Crisis Text Line](https://www.giveusashout.org/)

*Text: text "SHOUT" to 85258*

[Helplines Partnership](https://helplines.org/helplines/?fwp_topics=mental-health)

*Has a comprehensive list of*

*organisations in the UK that provide helplines*

[Mind Crisis Services](https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/)

*Mind has a list of mental health crisis helplines*