

# MENTAL HEALTH RESOURCES

## CRISIS AND EMOTIONAL HELPLINES

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

#### Samaritans

Phone: 116 123

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

#### SANEline

Phone: 0300 304 7000

Email: [support@sane.org](mailto:support@sane.org)

#### Shout Crisis Text Line

Text: text "SHOUT" to 85258

#### Helplines Partnership

Has a comprehensive list of organisations in the UK that provide helplines

#### Mind Crisis Services

Mind has a list of mental health crisis helplines

#### Mind Infoline

Phone: 0300 123 3393

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Text: 86463

PO: Mind Infoline, PO Box 75225, London, E15 9FS

#### Rethink Advice and Information Service

Phone: 0300 5000 927

## Oxfordshire Resources

#### 24 Hour Helpline for Oxfordshire

For adults: 0800 783 0119 **OR** 01865 904 997

For children: 0800 783 0121 **OR** 01865 904 998

#### Safe Haven

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

Phone: 01865 903 037

#### Oxfordshire Mind

Oxfordshire Mind contains information on local resources available to those experiencing a mental health crisis.