



EMPLOYEE HEALTH & WELLBEING SERVICE

Occupational Health
Occupational Physiotherapy
Employee Wellbeing

Experiencing a mental health crisis



If a person needs urgent mental health assistance, their GP, out-of-hours GP or NHS Direct 111 should be contacted. If you feel that you or another person are in immediate danger, contact the emergency services. Below are helplines for people who are struggling:

The Samaritans have introduced a confidential NHS staff support line, free to access from 7:00am-11:00PM, seven days a week.

Call: 0300 131 7000.

Alternatively, you can text

FRONTLINE to **85258** for support 24 hours a day via text.

C.A.L.L (Community Advice and Listening Line) is a free confidential listening and emotional support service. Anyone concerned about their own mental health or that of a friend or relative can access the service 24 hours a day, 7 days a week.

Call: 08000 132737 or Text: 81066

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings when the line is open until 8pm.

Call: 0808 808 1677 or email helpline@cruse.org.uk



[Zero Suicide Alliance](#) provides training on how to respond and react when you feel someone may be feeling suicidal or might act on those feelings. Take the time to do the training and feel more comfortable talking about the issue of suicide.

[Papyrus](#) is a suicide prevention charity for young people (under 35s). You can find advice, a helpline and support here:

For individuals who are struggling with suicidal ideation, it can be useful to write a safety plan for when you are in crisis. It may be a good idea to work through a safety plan with a professional, such as a therapist, or another trusted person. [Staying safe](#) provides guided, supportive videos detailing how to create a safety plan.