

CRISIS

Health, Social Care, Childcare and the Community

If you need urgent help as you are in mental health distress, then there is always someone on call.

Our Mental Health Crisis Line is available 24 hours a day, 7 days a week by calling [0800 953 0110](tel:08009530110). It is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services.

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