

Wellbeing Team useful contacts for emotional self-care

Feeling distressed or having thoughts of suicide?

This can be a frightening experience.

- **Contact your GP** and ask for an urgent appointment. It may be helpful to have someone with you to support you. It can also be helpful to ask for a 'double appointment' so that you feel less rushed to talk and that you write down the things you want to tell your doctor.
- **Call NHS 111 available 24 hours a day for advice.**
- If you are known to mental health services they have a **24 hour number, 0121 301 5500.**
- **Birmingham Healthy Minds** offer advice, information and therapies. You can self-refer by texting 'BHM' to 60777 or visit the website www.birminghamhealthyminds.org or your GP can refer you.

If you are aged 0-25 years:

"**Forward Thinking Birmingham**" provides services and support and a directory of other local organisations offering mental health and wellbeing support.

www.forwardthinkingbirmingham.org.uk

Crisis Team 0300 300 0099

These contacts may be useful for your emotional support:

Samaritans provide a listening ear 24 hours a day. They have a freephone number 116 123 / www.samaritans.org

Saneline offers emotional support / information and guidance every day from 4.30pm - 10.30pm **0300 304 7000**

Mind offers all aspects of information and support around mental health www.mind.org.uk as well as signposting for safe apps you can download to support you.

Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

NHS.UK website has links for safe apps to download for emotional support www.nhs/apps-library/category/mental-health