

Free 24-hour Mental Health Helpline

Telephone

0808 800 3302

If you, or someone you care about, need urgent advice or support for your mental health, you can call our Mental Health Central Access Point 24 hours a day, seven days a week free of charge and in confidence.

We're here to get you the support you need.

Please note, this service can be busy at certain times and you may have to wait for your call to be answered.



In an Emergency

If you are concerned about an immediate risk of harm – either to yourself or someone else – phone 999.