January 2021

If your child or young person is in a mental health crisis

The NHS and our local hospitals are really busy at the moment, so if you're experiencing a mental health crisis, *the quickest way to get help at any time of the day or night is to call our freephone number: 0800 6444 101, or call NHS 111 and select option 2 for mental health services.*

In the case of **serious illness or injury, dial 999** for emergency services

If you are already using our services

If you are already receiving support from us and need help please contact:

Your care co-ordinator on the number provided to you or if you need help in the evening, weekend or bank holiday call **0800 6444 101.**

Email: hpft.spa@nhs.net for non-urgent enquiries

For a range of self-help information please click **here**

Live webchat service

If you'd prefer to speak online, click on the SPA red button here. This service is available Monday-Friday, 7am-7pm.

Alternative Contacts

Samaritans Tel: 116 123, 24 hours a day, every day

Childline Tel: 0800 1111 via 1-2-1 chat between 7.30am and 3.30am every day**.**

HOPELINEUK (papyrus): Tel: 0800 0684141 Text: 07786209697 Email: pat@papyrus-uk.org, 10am-10pm weekdays, 2pm-10pm weekends and bank holidays.

Most referrals to our services are made by GPs

If you are experiencing mental health problems and need help please speak to your GP (family doctor). They will discuss the issues you are facing and refer you to our services, if appropriate. To register with a GP in your area go to www.nhs.uk