

Crisis Support Information

Talk-Works is not a crisis intervention service. Should you need support between sessions, please contact your GP or one of these organisations for help. You may also want to contact me to bring your appointment forward. The Single Point of Access 24/7 NHS Mental Health Helpline in Hertfordshire is 0800 644 4101

In a mental health emergency call 111.

In a life-threatening emergency call 999

Samaritans - Support for those in distress who feel suicidal or despairing and need someone to talk to.

The 24-hour Helpline: 116 123

www.samaritans.org

SANE - UK mental health charity working to improve quality of life for anyone affected by mental illness.

SANEline 0300 304 7000 6pm – 11pm daily

www.sane.org.uk

MIND - The Mind InfoLine offers confidential help on a range of mental health issues.

Tel. 0300 123 3393

www.mind.org.uk

Rethink Mental Illness - Expert advice and information for anyone affected by mental health problems.

Tel: 0300 5000 927 Monday to Friday, 9:30am - 4pm

www.rethink.org

Mental Health Foundation - Helps people to survive, recover from and prevent mental health problems. Lots of useful information on their website.

www.mentalhealth.org.uk

Depression UK - Helps people cope with their depression.

www.depressionuk.org

RELATE - Counselling and support services for couples, families and young people

Telephone Counselling booking line: 0300 100 1234

www.relate.org.uk

CALM - Specialist support for men 5pm until midnight 0800 58 58 58

www.thecalmzone.net

Switchboard - If you identify as gay, lesbian, bisexual or transgender.

Available from 10am–11pm, 365 days a year 0300 330 0630

www.switchboard.lgbt

Victim Support - Get help if you've been affected by crime.

Free Supportline 0808 16 89 111

www.victimsupport.com

Rape Crisis - Get help if you've experienced rape, child sexual abuse and/or any kind of sexual violence.

Freephone 0808 802 9999 12 noon - 2.30pm and 7 - 9.30pm every day

www.rapecrisis.org.uk

Alcoholics Anonymous - Support for people that are living with, or affected by, an alcohol problem.

Free National Helpline 0800 9177 650

www.alcoholics-anonymous.org.uk

Narcotics Anonymous - Assisting people that are struggling with drug addiction, or those that are impacted.

Helpline: 10.00am - midnight 0300 999 1212

www.ukna.org

Over Eaters Anonymous - Confidential and free support for people that are struggling with compulsive eating.

www.oagb.org.uk

Drugrehab.com - Source of free information and resources for people battling addiction and related conditions (Based in USA)

www.drugrehab.com