**Who can help in a crisis...**

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| **If you are in crisis and do not feel that you can keep yourself safe and it is deemed a medical emergency or life-threatening situation please call 999 or attend your local A&E department: Worcestershire Royal Hospital 01905 763 333 or Alexandra Hospital 01527 503030** |

**Child Line**
**0800 1111** (UK), **24 hours a day**
chat: [chat online](https://www.childline.org.uk/Talk/Chat/Pages/OnlineChat.aspx) [email](https://www.childline.org.uk/Talk/Pages/Email.aspx) web: [www.childline.org.uk](http://www.childline.org.uk/)
Available 24 hours a day, help and advice about a wide range of issues, talk to a counsellor online, send ChildLine an email or post on the message boards.

**Samaritans**
**116 123** (UK), **24 hours a day**
email: jo@samaritans.org web: [www.samaritans.org](http://www.samaritans.org/)

Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

**MIND**
**0300 123 3393** (Mon - Fri, 9am-6pm except bank holidays)
email: info@mind.org.uk web: [www.mind.org.uk](http://www.mind.org.uk/)
Offers advice and support to service users; has a network of local associations in England and Wales to which people can turn for help and assistance.

**Rethink Mental Illness**
**0300 5000 927** (Mon - Fri, 10am-2pm)
[Support forum](http://www.rethink.org/talk) email: advice@rethink.org web: [www.rethink.org](http://www.rethink.org/)
Rethink Mental Illness works to help everyone affected by severe mental illness, such as schizophrenia and bipolar disorder, recover a better quality of life. It provides effective services and support and campaigns for change through greater awareness and understanding.

**SANE**
**0845 767 8000** (6pm-11pm every day - local rate on BT landlines)
[Support forum](http://www.sane.org.uk/what_we_do/support/supportforum/) email: sanemail@sane.org.uk web: [www.sane.org.uk](http://www.sane.org.uk/)
SANE services provide practical help, emotional support and specialist information to individuals affected by mental health problems, their family, friends and carers.

**NHS Mental Health Services**
Find local mental health services on the [NHS website](http://www.nhs.uk/Livewell/mentalhealth/Pages/Mentalhealthhome.aspx).
You can also get advice from NHS **111** phone service.

**The Glade Sexual Assault and Rape Centre (SARC)**

**Web:** [www.theglade.org.uk](http://www.theglade.org.uk)

The Glade Sexual Assault Referral Centre (SARC) is a specialist facility where recent victims of rape and sexual assault can receive immediate help and support. We aim to provide all of our clients with information, support and referrals to assist in their recovery, in a safe and welcoming environment. The Glade is a dedicated service available to women and men living in the West Mercia area including Worcestershire, Herefordshire, Shropshire, Telford, Wrekin and their surrounding areas.