

## Replenish UK is not a crisis service

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### Who to contact if you need urgent support in a crisis

#### If you feel suicidal or feel like harming yourself or other people:

- Call 999
- Go to your nearest Accident and Emergency department (A&E). You can search for your local department through the [NHS Choices website](#)

#### For non-emergency situations:

- Visit your GP
- Visit NHS Choices via <http://www.nhs.uk/>

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### Mental health services

If you are already receiving support from mental health services you should have a care plan. This will include details of who you should contact in a crisis.

#### If you can't find your care plan:

##### During the day

Contact your Community Mental Health Team (CMHT) and ask for your care co-ordinator or the person on duty.

##### During evenings, weekends or bank holidays

Call your local [crisis team](#).

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### Emotional support

If you would like to offload or talk to someone about your problems, then you may find an emotional support line useful. Some to try are:

#### Samaritans

Offering emotional support 24 hours a day

Tel: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Web: [www.samaritans.org](http://www.samaritans.org)

#### Sane Line

Offering specialist mental health emotional support 4.30-10.30pm everyday.

You can also email through their website.

Tel: 0300 304 7000

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