



Emergency Help List

Help for people who are in despair, or experiencing a crisis and need to talk to someone now, (during or out of office hours).

Contact your local NHS mental health services, your GP or the Samaritans or find more ideas and links below.

Care Direct – Support for Adults - Devon 0800 212 783
<https://www.devon.gov.uk/care-and-health/adults/contact/>

Childline – 0800 1111 <https://www.childline.org.uk/>

Cornwall NHS mental health services - includes Support Matters Cornwall and other resources <https://www.cornwallft.nhs.uk/i-need-help-now>

Devon NHS services – includes a Keep Safe Plan and other resources
<https://www.dpt.nhs.uk/i-need-help-now>

Emergency services – Dial 999 for ambulance, fire or police – Calls are free, and 999 can be dialled from a locked mobile phone.

First Response – 24/7 mental health crisis in Devon <https://www.dpt.nhs.uk/our-services/first-response-service>

Helpful resources from Mental Health Matters -
<https://www.mhm.org.uk/Pages/FAQs/Category/helpful-resources>

KOOTH - Free, safe and anonymous online support for young people

<https://www.kooth.com/>

Letter of Hope to people who are thinking about suicide -

<https://www.dpt.nhs.uk/resources/recovery-and-wellbeing/letter-of-hope>

LGBTQ+ switchboard - phone 0300 330 0630, message and email

<https://switchboard.lgbt/>

NHS Direct – to find your local mental health services call NHS Direct on 111

Mind InfoLine - 0300 123 3393 Mon to Fri, 9am to 6pm (except Bank Holidays)

<https://www.mind.org.uk/information-support/helplines/>

Mindline – <https://bristolmind.org.uk/help-and-counselling/mindline/>

MindLine for Trans+ people <https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

Moorings – Out of hours and 24/7 mental health support (phone, email and drop-in) for people in Devon - <https://www.mhm.org.uk/the-moorings-devon>

Saneline – www.sane.org.uk/what_we_do/support/helpline/

Samaritans – you can phone free 116 123, text, email, write or drop in to local centres <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Silver Line – 24/7 helpline for older people – 0800 4 70 80 90

<https://www.thesilverline.org.uk/>