

IN CRISIS?

If you or someone you are concerned about is experiencing an emotional or mental health crisis that requires an urgent response:

- contact Bristol Mental Health's Crisis line on **0300 555 0334**, open 24 hours 7 days a week
- Call the Bristol Sanctuary on 0117 954 2952
- contact the person's GP, or their GP's out-of-hours service.
- If the person has been in contact with mental health services recently, contact their care co-ordinator if known.
- Phone NHS 111 if you need help urgently, but it's not a life-threatening emergency.
- Call the emergency services on **999** for assistance if it is a life-threatening emergency.

Be persistent when trying to get help in a crisis, even if it is difficult.

There are lots of options that you can try, and everyone has the right to access the right support and help when they need it.

For more options, see opposite page.

OTHER SOURCES OF INFORMATION AND SUPPORT IN BRISTOL

Bristol City NHS Walk-In Centre

Tel 0117 954 9828

Broadmead Medical Centre, Boots, 59 Broadmead, Bristol BS1 3EA

Walk-in open Monday—Friday 8am—4pm. Appointments 6pm—7.30pm. Sat.walk-in 8am—6pm Sunday and bank holiday walk-in 11am—3.30pm (except Easter Sunday and Christmas Day)

South Bristol Urgent Care Centre

Tel 0117 3429692

Bristol NHS Community Hospital, Whitchurch Lane, BS14 0DE 8am-8pm every day

Bristol Sanctuary Tel 0117 954 2952

A safe place to visit during a severe mental or emotional crisis. Open Friday – Monday nights, 7pm—2am
1 New Street, St Judes, Bristol BS2 9DX
People wanting to come need to ring before hand. Staff will answer the phone and respond to messages from 5pm Fri-Mon. You can also e-mail- awp.bmhsanctuary@nhs.net and we will ring you after 5pm Fri-Mon

Crisis House for Men (St Mungos) open 24/7
Tel 0117 934 9848 answer machine (self-referral)

Women's Crisis House (Missing Link)

Tel 0117 925 1811 open Monday—Friday 9am—5pm, leave a message outside these times (self-referral, phone to see if criteria are met)

Samaritans

Tel Bristol: 0117 983 1000 open 24/7

Tel national: 116 123 open 24/7

Text: 07725 909090

Email: jo@samaritans.org

Drop-in: 7:30am—9:00pm

HELPLINES

BEAT Beating Eating Disorders

0345 634 1414 or 0345 634 7650 (youth)
open Mon-Thurs 1.30 pm—4.30 pm www.b-eat.co.uk

Bristol MindLine www.bristolmind.org.uk

0808 808 0330 open Wed– Sun 8pm—midnight

Cruse Bereavement www.cruse.org.uk

0844 477 9400 open Mon & Fri 9.30am—5pm,
Tues, Wed, Thurs 9.30am—8pm

Lesbian & Gay Switchboard www.llgs.org.uk

0300 330 0630 open everyday 10am –11pm

No Panic (phobias & anxiety)

0800 138 8889 open every day 10am –10pm 01952 680835 www.nopanic.org.uk

Samaritans 116 123 or 0117 983 1000

See left. www.samaritans.org

SANE Line (support & mental health info)

0845 767 8000 open every day 6pm –11pm
www.saneline.org.uk

SARSAS 0117 929 9556 **Sexual Violence & Abuse Support services** www.survivorpathway.org.uk for details of opening hours of free helplines

Survivors of Bereavement by Suicide

0844 561 6855 open 9am– 9pm www.uk-sobs.org.uk

TESS (text support for young women who self injure).

Text: 07800 472 908 open Mon—Fri 7pm—9pm

Self Injury Support Women's Helpline Mon-Fri.

7pm-10pm FREEPHONE 0808 800 8088

Also e-mail via www.selfinjurysupport.org.uk

WOMANKIND HELPLINE: 0117 9166461 or 0845

4582914 open Mon –Fri 10am-12noon, Tuesday & Wednesday 1pm-3pm, Monday & Tuesday 8pm-10pm.
www.womankindbristol.org.uk