

## Crisis Support

We all know that life can be tough and at times things can get on top of us. If you feel that you are in crisis it is worth knowing how you can quickly access help day or night. Please find below some services that you can contact if you feel overwhelmed or unsafe. You might also want to think about who you have in your circle of friends or family that you can contact when you need extra support or comfort. Please do also let your therapist know if you are struggling with the psychological aspects of your illness and they will do their best to help you make a safety plan.

<b>Herts Only</b>		
 Hertfordshire Single Point of Access (SPA) (Hertfordshire only)	Freephone 0800 6444 101	<ul style="list-style-type: none"> <li>• Single Point of Access (SPA) 24/7 Mental Health Helpline</li> <li>• Herts residents of all ages, including carers, GPs and other professionals can contact our 24/7 Single Point of Access (SPA) Mental Health Helpline team at any hour of the day or night, 365 days a year.</li> </ul>
<b>West Essex Only</b>		
West Essex Crisis Team (West Essex only)	0330 726 0110	
Vita Minds (West Essex only)	0333 015 2966  <a href="https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/west-essex/">https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/west-essex/</a>	<ul style="list-style-type: none"> <li>• VitaMinds is a FREE service and you don't need to visit a GP to get help</li> <li>• VitaMinds works in partnership with the NHS to provide talking therapy services and counselling in Harlow, Uttlesford and Epping Forest known as IAPT (Improving Access to Psychological Therapies). VitaMinds can provide advice and guidance on the best options for you.</li> </ul>
<b>Nationwide</b>		
	<b>Call:</b> 116 123 (free) <b>Email</b> (response time 24 hours): <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> Download their Self-help APP	<ul style="list-style-type: none"> <li>• One to one</li> <li>• Available <b>24/7</b></li> <li>• A non-judgemental listening ear</li> </ul>
	<b>Call:</b> 0300 123 3393 (Phone calls from UK landlines are charged at local rates.) <b>Email :</b> <a href="mailto:info@mind.org.uk">info@mind.org.uk</a>	<ul style="list-style-type: none"> <li>• An information and signposting service.</li> <li>• Available <b>9am to 6pm (Mon – Fri)</b> except for bank holidays)</li> </ul>
	<b>Text 'SHOUT'</b> to 85258 to start a conversation (free)	<ul style="list-style-type: none"> <li>• Available <b>24/7</b></li> <li>• Text service</li> </ul>
Your GP	<b>Call</b> 111 and ask for an urgent GP Appointment. (free)	<ul style="list-style-type: none"> <li>• If you are not able to speak to the hubs listed above.</li> <li>• You need help urgently but it is not an emergency OR you are not sure what to do.</li> </ul>
A & E	<b>Walk in:</b> A & E or <b>Call</b> 999 (free)	<ul style="list-style-type: none"> <li>• Only if your life is at risk – for example seriously injured yourself, or taken an overdose OR you do not feel you can keep yourself safe.</li> </ul>
 FromMeToYou	<a href="https://fromme2u.uk/">https://fromme2u.uk/</a>	<ul style="list-style-type: none"> <li>• Our project will help to build trust between black people living with cancer and the health services that provide for their care.</li> <li>• support groups</li> <li>• buddy partnerships</li> <li>• resources and signposting</li> </ul>