

# **Support Contacts and Helplines**

Keep these numbers in an accessible place.

## **Emergency and urgent help (UK)**

Emergency services: 999

NHS mental health line: 111 (option 2)

Samaritans 24/7 listening service: 116 123

Shout text service: Text SHOUT to 85258

## **Specialist ADHD and neurodiversity**

ADHD Foundation helpline: 0151 541 9020

Helpline partnership (Contact): 0808 808 3555

National Autistic Society helpline: 0808 800 4104

Local SENDIASS: \_\_\_\_\_

## **Personal support network**

Family or friend: \_\_\_\_\_ Phone: \_\_\_\_\_

School contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Workplace contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Other: \_\_\_\_\_ Phone: \_\_\_\_\_

Created by Neurobreath - M Share - Educational information only; not medical advice. Updated November 2025.