

Victoria Malin Counselling and Psychotherapy

Crisis and Urgent Support - As a counsellor unfortunately I cannot provide emergency crisis support please use this list of resources to help in a time of need.

- In a mental health emergency call 999 or attend A&E
- **Mersey Care NHS Mental Health Crisis line** - 24/7 freephone helpline open to anyone that needs help or someone to talk to. Tel: **0800 145 6570**
- **Samaritans**. To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone), email jo@samaritans.org or [visit some branches in person](#). You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day).
- **SANElane**. If you're experiencing a mental health problem or supporting someone else, you can call SANElane on **0300 304 7000** (4.30pm–10.30pm every day).
- **National Suicide Prevention Helpline UK**. Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on **0800 689 5652** (6pm to midnight every day).
- **Campaign Against Living Miserably (CALM)**. You can call the [CALM](#) on **0800 58 58 58** (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the [CALM webchat service](#).
- **Shout**. If you would prefer not to talk but want some mental health support, you could [text SHOUT to 85258](#). [Shout](#) offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.
- **The Mix**. If you're under 25, you can call The Mix on **0808 808 4994** (3pm–midnight every day), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).
- **Papyrus HOPELINEUK**. If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call [Papyrus HOPELINEUK](#) on **0800 068 4141** (24 hours, 7 days a week), email pat@papyrus-uk.org or text **07786 209 697**.
- **Switchboard**. If you identify as gay, lesbian, bisexual or transgender, you can call [Switchboard](#) on **0300 330 0630** (10am–10pm every day), email chris@switchboard.lgbt or use their [webchat service](#). Phone operators all identify as LGBT+.
- **Stay Alive (prevent-suicide.org.uk) App** help and resources if feeling suicidal.