

## 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](mailto: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).
- **SANeline.** If you're experiencing a mental health problem or supporting someone else, you can call SANeline 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](https://www.calm.org.uk) 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](https://www.calm.org.uk/webchat).
- **Shout.** If you would prefer not to talk but want some mental health support, you could **text SHOUT to 85258**. [Shout](https://www.shout24.co.uk) 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](https://www.themix.org.uk/contact) or [use their crisis text messenger service](https://www.themix.org.uk/text).
- **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](https://www.papyrus-uk.org) on **0800 068 4141** (24 hours, 7 days a week), email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text **07786 209 697**.
- **Switchboard.** If you identify as gay, lesbian, bisexual or transgender, you can call [Switchboard](https://www.switchboard.lgbt) on **0300 330 0630** (10am–10pm every day), email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their **webchat service**. Phone operators all identify as LGBT+.
- **Stay Alive ([prevent-suicide.org.uk](https://prevent-suicide.org.uk)) App** help and resources if feeling suicidal.