**Urgent Help**

Let’s Talk IAPT is not able to provide support for people who are in immediate danger and crisis or immediate risk of serious harm or injury.

**If you are in need of immediate help or in crisis, please contact the services below for support**.

**Barnet, Enfield and Haringey Mental Health Trust - 24-hour Crisis Telephone Service: 0800 151 0023**

You can call this number to get help or advice in a crisis from our trained mental health advisors and clinicians, 24 hours a day, 7 days a week, 365 days a year.

**Contact your GP**

You can request an emergency appointment with your GP; they will be able to help you access the right services and ensure you get the right level of support.

**Contact the Emergency Services by dialling 999**

**Go to your local Accident & Emergency department**

**Other helplines**

**Samaritans**

**116 123**  
Available: 24 hours a day  
Confidential and non-judgemental emotional support whenever you need someone to talk to.

**Saneline**

**0300 304 7000**  
Available: Daily 4.30pm – 10.30pm  
Saneline is an out-of-hours telephone helpline offering practical information, crisis care and emotional support to anybody affected by mental health problems.

**FRANK helpline**

**0800 77 6600**  
Available: 24 hours a day  
The FRANK campaign helpline provides information and advice about drugs and information on local services. The service can take calls in over 120 languages via a three way call with a translator.