

# 24/7 Crisis Helplines

The logo for Samaritans, featuring the word "SAMARITANS" in white capital letters on a green rectangular background.

## Samaritans

Samaritans is open 24/7 for support with any issues, including mental and emotional health problems. The helpline number is free to call from any phone.

Call 116 123 or email  
[jo@samaritans.org](mailto:jo@samaritans.org)

The logo for Shout, featuring the word "shout" in a bold, lowercase, sans-serif font, with the number "85258" inside a dark blue speech bubble below it.

## Shout

Shout is a confidential 24/7 text messaging support service for anyone who is struggling to cope. The helpline is free to use from most major mobile networks.

Text 'SHOUT' to 85258

# Other Out-of-Hours Support

The logo for Head Space, featuring the words "Head Space" in a purple, sans-serif font, followed by a purple icon of a head with a brain inside.

## Head Space

Head Space offers an out-of-hours service for people who consider that they are approaching a mental health crisis. It is open 7 days a week from 6pm—midnight.

Call 07890 257 614 or email  
[headspace@colebrooksw.org](mailto:headspace@colebrooksw.org)

The logo for SANE, featuring a stylized blue icon of a person's head and shoulders next to the word "SANE" in a bold, red, sans-serif font.

## SANE

SANE is a specialist mental health and emotional support helpline. Currently operating on a messaging and callback system due to COVID-19.

Request a callback on 07984 967  
708 or email [support@sane.org.uk](mailto:support@sane.org.uk)