

24/7 Crisis Helplines

SAMARITANS

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

shout
85258

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

Head Space 

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



SANE

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