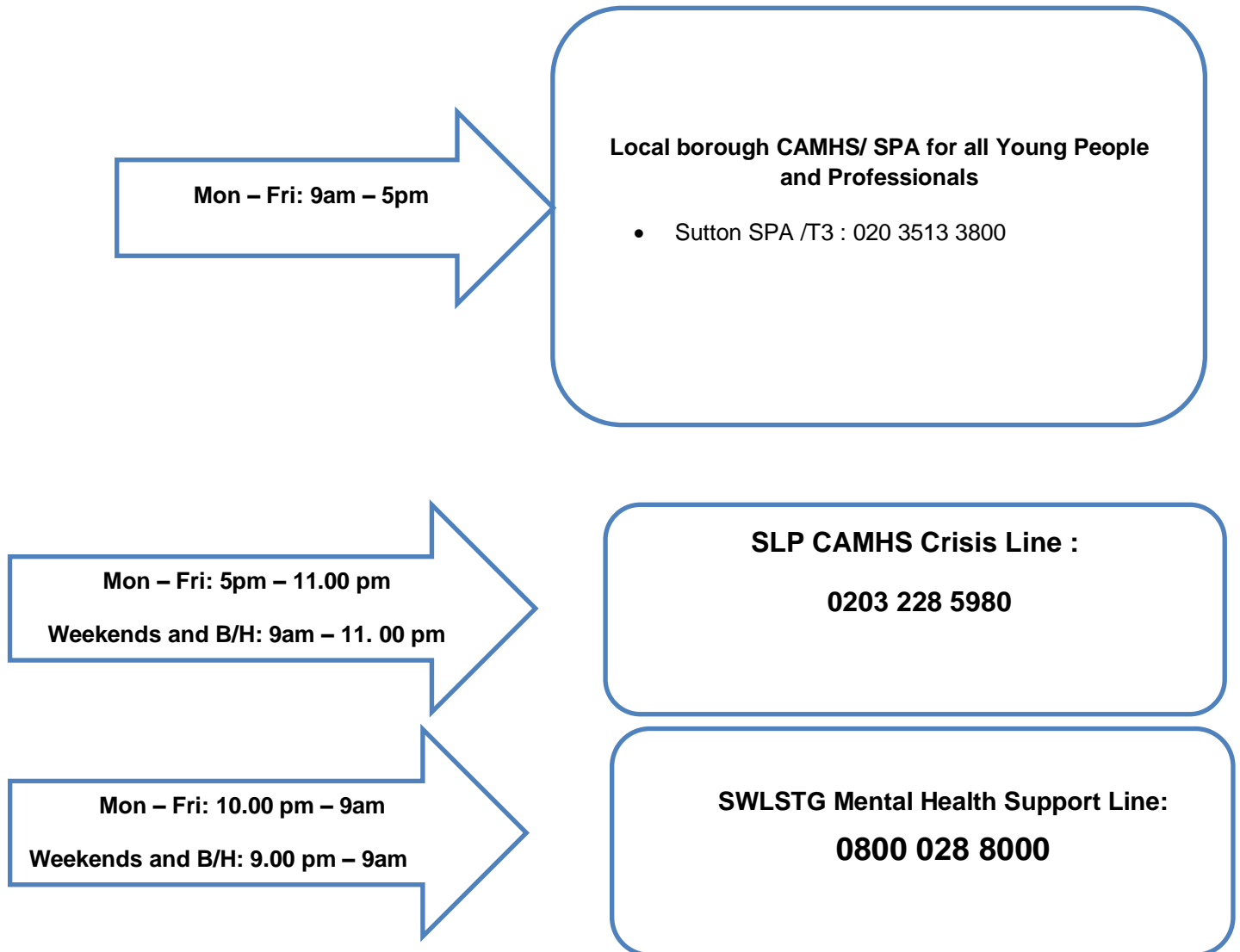


## Duty / Crisis line for Young People and Families

In a crisis young people/ Families/ Carers in crisis are encouraged to access support by phone.

If you need urgent/ life threatening medical attention call 999 or attend your local A&E. However, if you are considering the need to attend A&E for mental health reasons, please call us on the crisis numbers in the first instance.



## Other numbers

- Child line **0800 1111** – calls are free and confidential
- HOPE line UK **0800 068 4141**
- Samaritans **116 123**
- Young Minds Crisis Messenger - provides free, 24/7 crisis support across the UK mental health crisis - If you need urgent help text YM to 85258