

In case of a crisis, if you are at risk of self-harm or suicide, get the help you need. Talk to your loved ones, ask them for the support and tell them about your condition.

In immediate risk:

- Call **999** for emergencies
- Walk in A&E in the nearest hospital

For urgent help:

- Samaritans national number - **116-123** - <https://www.samaritans.org>
- Preventing suicide worldwide - <https://befrienders.org>
- (Leeds) Single Point of Access for Mental Health - **0800 183 1485** - <https://www.leedsandyorkpft.nhs.uk>

Non-emergency situations:

- Call GP or 111 (non-emergency NHS number)
- (Leeds) Connect helpline emotional support and information: 0808 800 1212 - (6pm-2am every night of the year) - www.lslcs.org.uk
- (Leeds) Samaritans branch: 93 Clarendon Road, LS2 9LY; Tel: 0113 245 6789
- (Leeds) Social Care Emergency Duty Team - Tel: 0113 240 9536

Other important contacts:

- 24hr Domestic Violence Helpline: 0808 2000 247 - <https://www.nationaldahelpline.org.uk>
- Protection for women and children <https://www.womensaid.org.uk>
(Leeds - <https://leedswomensaid.co.uk>)
- Children abuse helpline 0808 800 5000 - <https://www.nspcc.org.uk>
- Cancer emotional support: 0808 808 0000 Monday to Friday, 9am-8pm,
www.macmillan.org.uk
- Addiction helpline 0203 5530324 - <https://www.recovery.org.uk>
- (Leeds) Alcohol and drug treatment service Forward Leeds <https://www.forwardleeds.co.uk>
Tel: 0113 8872477
- Alcoholics Anonymous 0800 917 7650 - <https://www.alcoholics-anonymous.org.uk>