

# Anxiety UK

## Crisis service contacts

**If you require crisis support or are experiencing a mental health crisis and need urgent support, call 111 and select option 2.**

### Other useful numbers

NHS non-emergency 111

Samaritans 116 123

HOPElineUK 0800 068 41 41

### Suicide prevention for young people up to the age of 35

SANE 0300 304 7000 4.30-10.30pm

### For to anyone affected by mental illness, including family, friends and carers

CALM 0800 58 58 58 5pm-midnight

**The charity aims to prevent male suicide.**