

Out of Hours Support

Name of Service	Details of Service	Contact Details
Samaritans	If you are in emotional distress, struggling to cope, or at risk of suicide. Text service available upon request.	116 123 (UK) 24/7 Email: jo@samaritans.org (response time 24 hours)
South Staffordshire urgent mental health helpline (Crisis Team)	If you feel unable to cope, are worried about your own mental health or someone you care for, help is available	0808 196 3002
Staffordshire Mental Health Helpline Aged over 18 and living in Staffordshire	In debt/financial issues, relationship issues, concern about your physical or mental health, isolated, lonely, bereaved, concerned or looking after loved ones.	Call: 0808 800 2234 Text: 07860 022821 Email: Staffordshire.helpline@brighter-futures.org.uk 7pm -2am weekdays 2pm-2am weekends Every day of the year
Staffordshire Doctors Out of Hours Service	For urgent medical concerns, they connect you to a nurse, emergency dentist or a GP.	111 24/7
NSPCC	If you're worried about a child, even if you're unsure.	0808 800 5000 24/7 Email: help@nspcc.org.uk