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| **Name of Service**  | **Details of Service** | **Contact Details**  |
| **Samaritans**  | Anyone 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) |
| **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 weekdays2pm-2am weekends Every day of the year  |
| **National Suicide Prevention Helpline** | A supportive listening service to anyone with thoughts of suicide | **Call: 0800 689 5652**6pm-3.30am  Every day of the year |
| **NHS Non-Emergency** | For urgent medical concerns, theyconnect 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** |
| **Saneline (National Mental Health Helpline)**  | Anyone affected by mental health: depression, anxiety, eating disorders, self-harm, psychosis and suicidal tendencies. Providing specialist emotional support, advice and information. | Leave a message on **07984 967 708** with first name and a contact number, and they will call you back ASAP.**Email:** **support@sane.org.uk****Textcare: Online**4.30 – 10.30pm Daily |
| **CALM (Campaign Against Living Miserably)** For Men Only  |  For men who are feeling down or have hit a wall for any reasons, who need support. | **0800 58 58 58** **Webchat: Online** 5 pm– 12am Every day of the year  |
| **The Silver Line** Over the age of 55  | Friendship, links to support groups/services, information/advice and provide regular friendship calls. | **0800 470 80 90** 24/7 |
| **Papyrus Helpline** **(HOPElineUK)**Under the age of 35  | For children and young people struggling with suicidal/self-harming thoughts. Also, if someone is concerned about a young person and would like guidance on how to support.  | **Call:** **0800 068 41 41****Text:** **07786 209697****Email:** **pat@papyrus-uk.org**9am – 10pm weekdays2pm – 10pm weekends and bank holidays |
| **Switchboard** LGBT Helpline   | Support/referral service and/or anyone considering issues around their sexuality and/or gender identity.  For family and/or friends who need support. | **0300 330 0630** **Email:** **chris@switchboard.lgbt**(response time 72 hours) **Message chat: Online** 10am – 10pm everyday |
| **Shout** | confidential text support   | **Text SHOUT to 85258**24/7 |