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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**](mailto: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**](mailto:Staffordshire.helpline@brighter-futures.org.uk)  7pm -2am weekdays  2pm-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, 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**](tel:08088005000)  24/7  **Email:** [**help@nspcc.org.uk**](mailto: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**](mailto: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**](mailto:pat@papyrus-uk.org)  9am – 10pm weekdays  2pm – 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**](mailto:chris@switchboard.lgbt)  (response time 72 hours)  **Message chat: Online**  10am – 10pm everyday |
| **Shout** | confidential text support | **Text SHOUT to 85258**  24/7 |