

- Papyrus — Free phone - 0800 068 41 41 (9am - midnight everyday)

Young people support:

- GGL Aspire P'boro — Free phone - 0800 111 4354 CGL Cambs - Free phone - 0300 555 0101 (Lines open 24 hours)
- Narcotics Anonymous — 0300 999 1212 (Lines open from 10am - midnight, 365 days)
- Alcoholics Anonymous — Free phone 0800 9177 650 (Lines open 24 hours)

Drugs & alcohol support:

- Lifeline — Free phone 0808 808 21 21 (Lines open from 11am - 11pm, 365 days)
- CALM — Free phone 0800 58 58 58 (Lines open from 5pm - midnight, 365 days)
- Crisis Care — First Response & The Sanctuary NHS 111 option 2 (Lines open 24 hours) (The Sanctuary is open Mon to Sun: 6pm - 1am for face-to-face support, Mon to Fri: 11am — 6pm for telephone support)

Mental health support:



www.sunnetwork.org.uk

Crisis Card

This card has been devised as a tool for people to use in a mental health crisis. **If you are shown this card please help the bearer by contacting the '1st Contact' or by contacting one of the crisis lines below:**

- **Emotional or Mental Health Crisis Care — NHS 111 option 2**
- **Samaritans (24 hours, 365 days) — 116 123**
- **In an emergency call 999**

Name:

Diagnosis/Crisis appearance:

1st Contact & relationship:

2nd Contact & relationship:

Medical Contact:

Immediate needs:

How you can help:

1. Provide reassurance, know you can't make this worse

2. Contact my 1st contact or crisis helpline

3. If I have self-harmed, please try not to panic or judge

4.

5.

6.

7.

8.

Thank you for your help in this time.