



WHAT TO DO IF YOU FEEL AT RISK TO YOURSELF

As a primary care service, we are not able to provide support during crisis situations. If you are in immediate danger or need help to keep yourself or others safe, please call:

- NHS 111
- Contact your GP and request an urgent appointment
- Visit your nearest A&E department

If you or someone else is at imminent risk of physical harm, please call 999.

Things that can help when we feel low

- Talk to someone you trust or call a helpline
- Do things you enjoy - walks, hobbies, or self-care like a warm bath
- Don't isolate - being alone can make things feel worse
- Eat and drink regularly
- Avoid quick fixes like junk food or alcohol - they often backfire
- Reflect on past challenges - what helped you then?

Support for Self-Harm



www.harmless.org.uk

Harmless is a UK charity helping people affected by self-harm and suicide. We offer support, information, and training for individuals, families, and professionals—because every life matters.



here for you 24/7

Text SHOUT to 85258
Open Hours: 24/7 text service

If you would prefer not to talk but want some mental health support, contact SHOUT. This text service provides confidential support if you are in crisis and need immediate help.

Helplines and Support for Suicidal Thoughts



Phone free: 116 123

Open Hours: 24 hours a day, 365 days a year

Samaritans is there for anyone who wants to talk. You can contact Samaritans over the phone or visit some branches, in person.



Phone: 07776926815

touchstonesupport.org.uk

The Wakefield Safe Space provides a local safe place for people in crisis. Providing confidential support via face-to-face, telephone or video.



suicidepreventionwestyorkshire.co.uk

Information portal for anyone in West Yorkshire with suicidal thoughts and in crisis, those bereaved by suicide or seeking suicide prevention training.



**TURNING POINT
TALKING THERAPIES**

Turning Point - Registered Charity - 234887

