



WHAT TO DO IF YOU FEEL AT RISK TO YOURSELF OR OTHERS

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
- Samaritans Call 116 123 or email jo@samaritans.org
- 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, 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 have the opposite effect
- 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.



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

SAMARITANS

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.



Website : <https://bit.ly/42IIRkP>
Open Hours: 5:00PM - 11:00PM, All Year

Mind BLMK Recovery Lounges in Bedfordshire support mental health recovery, prevent deterioration, and provide help during severe distress.



Website : <https://bit.ly/3Kp9Sn1>

A single point of reference for suicide prevention information and resources for those working across Bedfordshire, Luton and Milton Keynes.