



# Getting support in a mental health crisis or emergency

## Important information for children and young people

A mental health crisis is when a person is currently safe but needs urgent mental health support. They could be feeling like they may seriously harm themselves or others or be suicidal.

### What can I do in a mental health crisis?



If you already get mental health support from the NHS or another organisation, please contact the service that helps you



Book an emergency appointment with your GP practice. Outside of normal hours you can still phone your GP, but you will usually be sent to an out-of-hours service



Contact Night OWLS (West Yorkshire only). Call free on 0300 2003900, text on 07984 392700 or chat online: [www.wynightowls.org.uk](http://www.wynightowls.org.uk) from 8pm–8am every day



Call NHS 111, a 24-hour helpline for help and advice



If you don't currently use mental health services, you can contact Single Point of Access (SPA) teams:

- Barnsley: 01226 644829
- Calderdale: 01422 300001
- Kirklees: 0300 304 5555
- Wakefield: 01977 735865

### Charities can also help:

- **Childline:** Free, confidential support, available any time. Call 0800 1111
- **Papyrus:** Support 9am to midnight every day on 0800 068 4141 or text 07860039967
- **Samaritans:** Free to call, 24/7, 365 days a year. Call them on 116 123
- **Shout:** Text SHOUT to 85258 for free, confidential, 24/7 support
- **The Mix:** Text THEMIX to 85258 for free, 24/7 crisis support
- **YoungMinds:** Text YM to 85258 for free 24/7 support if you need urgent help.

If you or someone else is seriously harmed or injured, always call 999 or go to your nearest A&E.

With **all of us** in mind.