

Help in a crisis

**Does this apply to you
or someone you know?**

Act now...



*"I've hurt myself
on purpose, or put
myself in danger"*

*Call 999 or go straight to
A&E or an urgent care
centre. Tell someone if
you need help with this*



*"I'm having
thoughts about
hurting myself or
ending my life"*

*Call NHS 111 or the
Derbyshire Mental Health
Helpline and Support Service
on 0800 028 0077*



*"I'm feeling
down or anxious"*

*Talk about it: with your GP, an IAPT
talking therapies service or a helpline
like Samaritans, Papyrus (for young
people) or CALM (for men). Or speak
to a friend*

*...And think about
self-care...*



*Do something that will make
a difference to how you feel.
Search 'Derby and Derbyshire
emotional health and wellbeing'
for other forms of support.*