



# 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.*