

Are you worried about yourself or someone close to you? Feeling suicidal? Actively self-harming?

If you are experiencing a life-threatening emergency, call 999 now.

If you are experiencing a mental-health crisis, call Bristol Mental Health 24/7 on 0300 555 0334.

For non-emergency medical advice, please call 111 or book an appointment with your GP.

The following organisations may be a helpful source of support:

(see also <http://www.bristolmentalhealth.org/crisis-help/>)

GP

Your GP is the first port of call if you are concerned about possible risk of harm to yourself or somebody else. GP practices have an out of hours service when the surgery is closed.

Emergency Department

You may wish to go to the Emergency Department at the nearest hospital, which is open 24 hours per day.

NHS Mental Health Services

Information on mental health services in Bristol can be found at [Bristol Mental Health](#).

Other organisations offering out of hours support

The Samaritans

The Samaritans provide confidential support 24 hours per day by phone, face-to-face, email and letter.

Tel: 116 123

Address: 37 St Nicholas Street, Bristol BS1 1TP

Email: jo@samaritans.org

Off the Record

Off the Record provides free confidential information, advice and informal support through drop-in and telephone helpline.

Helpline: 0808 808 9120

Office tel. and fax: 0117 922 6747

Address: 2 Horfield Road, St Michael's Hill, Bristol BS2 8EA

Email: confidential@otrbristol.org.uk

Bristol MindLine

Bristol MindLine is a local confidential helpline to support people going through a difficult time, they also provide mental health information. Tel: 0808 808 0330

Self Injury Support

Self Injury Support is a service offering text, helpline and self help support to women to self injure. Tel: 0808 800 8088

Nightline

Nightline is the Bristol University information and listening service run by students, for students. Tel:0117 9266 266

SANELINE

SANELINE is a national helpline providing information and support on a range of mental health issues. Tel: 0300 304 7000

Papyrus

Papyrus is a voluntary organisation committed to the prevention of young suicide. If you have been thinking about taking your own life or are concerned about a friend, they can offer useful advice and support. Tel: 0800 068 4141

The Survivor Pathway

The survivor pathway is a guide for professionals and concerned others to the referral pathways for rape and any kind of sexual abuse or assault.