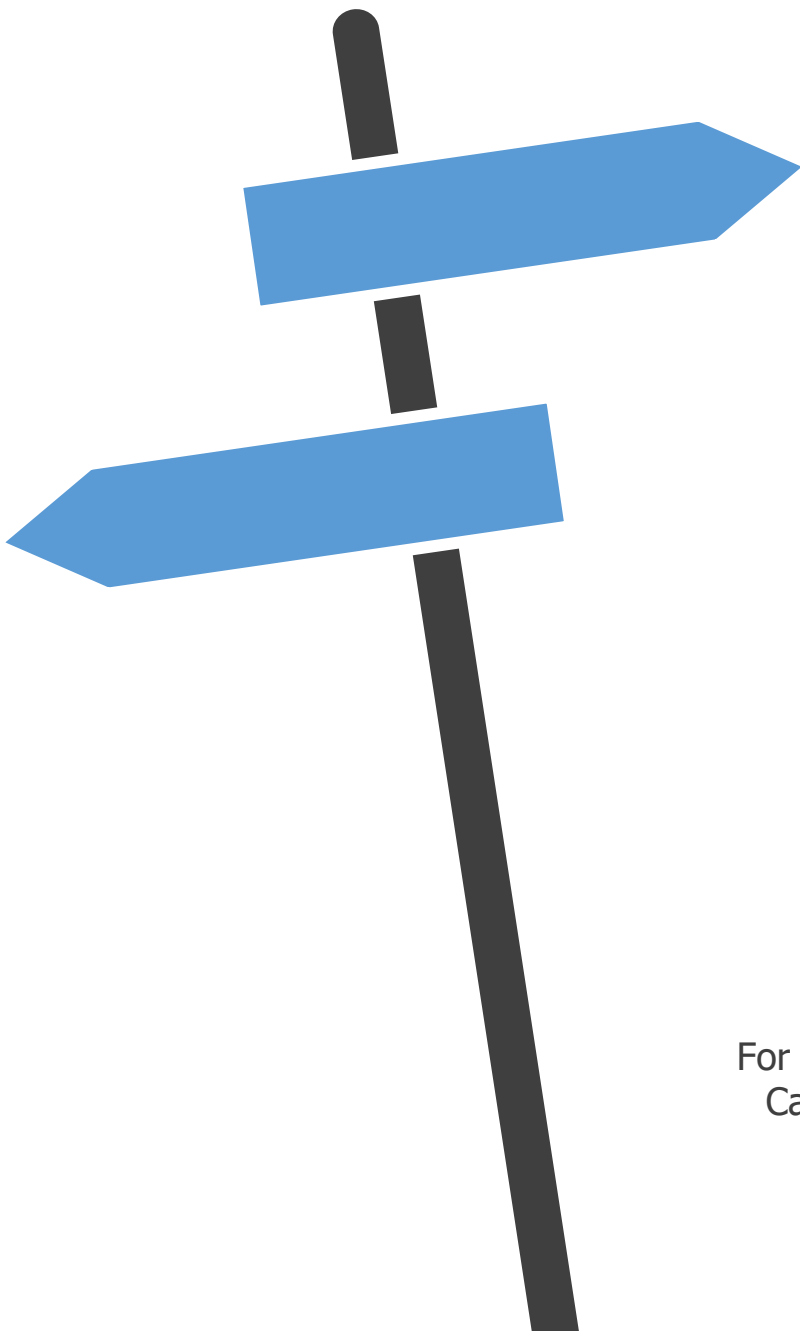


How to get help in a mental health crisis



For larger print or other languages contact
Cardiff and Vale Action for Mental Health
mail@cavamh.org.uk

Registered Charity No. 1148312 / Company No. 800094

What to do in a crisis?

How to get help in a mental health crisis:

Are you experiencing any of these?

Your mind is at melting point.

You can't carry on anymore.

You may want to harm yourself.

You may experience extreme anxiety, have a panic attack or even a psychotic episode – where you feel out of touch with reality.

If you need to get help call

1. Your GP
2. The out of hours GP
3. The 111 Service (Tel 111– Option 2 for Mental Health)
4. Your CMHT, if you have one (during office hours)

If you feel yours or someone's life is at risk

1. Call 999
2. Attend nearest Hospital Emergency Unit



If you need to speak to someone today for support please contact:

Community Advice and Listening Line (CALL) 0800 132737 (open 24 hours a day, 7 days a week), text help to 81066, visit www.callhelpline.org.uk

Free confidential listening and emotional support service, information and literature on mental health and related matters for people in Wales/ Anyone concerned about their own mental health or that if a friend or relative can access the service.

The Samaritans 116 123 (open 24 hours a day, 7 days a week) jo@samaritans.org, visit www.samaritans.org

Free confidential emotional support to anyone experiencing feelings of distress or despair including those which may lead to suicide. Face-to-face meetings at local offices.

Mind Infoline 0300 123 3393 (Monday – Friday, 9am-6pm), text 86463, visit www.mind.org.uk

Free confidential advice on a range of mental health issues.

The Silver Line 0800 470 8090 (open 24 hours a day, 7 days a week), visit www.thesilverline.org.uk

Free confidential helpline providing information, friendship and advice to **older people (50+)**.

Meic Cymru 0808 802 3456 (8am – midnight, 7 days a week), text 84001, visit www.meiccymru.org - online chat available

Free advocacy, information and advice helpline for **children and young people (0-25yrs)**.

If I appear distressed please contact:

My preferred contact is:

My GP:

My keyworker:

My medication details:

My preferred contact is:

My GP:

My keyworker:

My medication details:

You may wish to keep one copy on your person