

MENTAL HEALTH SUPPORT IN A CRISIS

This factsheet lists support if you need immediate help in a mental health crisis

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<p><u>Accident and Emergency</u> (A&E) (emergency support)</p>	<p>You need immediate medical help – especially if you think you might act on suicidal thoughts, or you've harmed yourself and need urgent medical attention.</p>
<p><u>Emergency GP appointments</u> (emergency support)</p>	<p>You need urgent support for your mental health, but there's no immediate danger to your safety or the safety of others.</p>
<p><u>Listening services</u> (Telephone support)</p>	<p>You need to talk to someone right away about how you're feeling.</p>
<p><u>Crisis teams</u> (Crisis resolution and home treatment team)</p>	<p>When you need urgent support, and you are already in contact with your local mental health services.</p>
<p><u>Crisis houses</u></p>	<p>When you need more intensive support than can be offered to you at home, but it's not appropriate for you to be admitted to hospital.</p>
<p><u>Hospital admission</u></p>	<ul style="list-style-type: none"> • If not going to hospital would mean you or others would be at risk of harm. • If you need intensive support which cannot be given to you at home • You need to have an assessment which cannot be done outside of hospital

BAPAM FACTSHEET

Helplines & Services

Specific to Performing Arts

BAPAM: We deliver expert health and wellbeing services for those working in the performing arts, including free clinics, our Directory of performing arts medicine practitioners, peer support and training. **0207 404 8444** 9 - 5pm Monday to Friday

Music Minds Matter: 0808 802 8008 / MMM@helpmusicians.org.uk

Helpline open 24/7. Counselling can also be accessed via this helpline for those meeting Help Musicians UK eligibility criteria

Music Support: 0800 030 6789

Mental, emotional and behavioural health disorders (including but not limited to alcohol and drug addiction)

Film and TV Charity Support Line: 0800 054 0000

24/7 advice for those working in the UK film, TV and cinema industry. Email and live chat support also available

Theatre Helpline: 0800 915 4617 / advice@theatrehelpline.org

24/7 phone and email service that provides support to people working in the theatre industry

ISM Members' Advice and Support Line: 020 7221 3499

24/7 personal support and advice for ISM members. Telephone counselling and face-to-face counselling available free of charge

Industry Minds: info@industryminds.co.uk

Free and low cost counselling and mental health support for creative arts practitioners

General

Samaritans: 116 123 / jo@samaritans.org

Mind Infoline: 0300 123 3393

4.30pm–10.30pm every day

Campaign Against Living Miserably (CALM): 0800 58 58 58

Focusing on male mental health and suicide prevention, the CALM Helpline is open 5pm to midnight every day

Papyrus HOPELINEUK: 0800 068 41 41 / pat@papyrus-uk.org / Text: 07860 039 967

If you are under 35 and having thoughts of suicide or are concerned for a young person you can contact HOPELINEUK for confidential support and practical advice. 9am to midnight, every day.

Childline: 0800 1111

For children and young people under 19. 7:30am–3:30am

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Silverline: 0800 4 70 80 90

Provides 24/7 information, friendship and advice to older people

SANEline: 07984 967 708 – leave first name and contact number / support@sane.org.uk

Out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. 4.30pm to 10.30pm every day

Alcoholics Anonymous: 0845 769 7555

24/7

Anxiety UK: 08444 775 774

Monday - Friday, 9.30am - 5.30pm

Beat Eating Disorders: 0808 801 0677

9am–8pm during the week, and 4pm–8pm on weekends and bank holidays

Narcotics Anonymous: 0300 999 1212

10am - midnight

National Bullying Helpline: 0845 22 55 787 / admin@nationalbullyinghelpline.co.uk

Monday to Friday, 9am - 5pm

No Panic: 0300 7729844

Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers 10am - 10pm every day

OCD Action: 0845 390 6232 or 020 7253 2664 / support@ocdaction.org.uk

Monday – Friday 9.30am – 5pm

SupportLine: 01708 765 200 / info@supportline.org.uk

Emotional support for children, young adults and adults, particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse

Age UK National Advice Line: 0800 678 1174

8am - 7pm every day

Cruse Bereavement Care: 0844 477 9400

Monday - Friday, 9.30am - 5pm (8pm Tues, Weds, Thurs)

National Bullying Helpline: 0845 22 55 787

9am – 5pm Monday – Friday. For adults and children affected by all forms of bullying



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Nightline: Check website for contact details of your University's Nightline

Support for students

Rape Crisis: 0808 802 9999

12 - 2.30pm and 7 - 9.30pm, every day

The Survivors Trust: 08088 010 818

Information, advice or emotional support for victims/survivors of rape or sexual assault. Monday – Friday 10am – 8:30pm, Saturday 10am – 12:30pm, 1:30pm – 4:30pm and 6pm – 8:30pm, Sunday 1:30pm – 4:30pm and 6pm – 8:30pm. 24 hr answer machine. The Survivors Trust also provides the SARCS (sexual assault referral centres) service

Switchboard 0300 330 0630 / chris@switchboard.lgbt

LGBT+ helpline. 10am – 10pm every day

Victim Support: 08 08 16 89 111

Help after crime. 24/7 Helpline

Written and web resources

BAPAM Health and wellbeing factsheets

ArtsMinds

Mental health resource hub from Equity, The Stage, Spotlight and BAPAM

Bipolar UK Crisis Support Information

Bipolar UK also run a [peer support line](#) but do not provide crisis support

Bulletproof Musician

Staying Safe

For suicidal thoughts

Mental Health Foundation

Peer Talk

Peer support and resources

Rethink Mental Illness

Heads Together

Zero Suicide Alliance

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If you need any further support, please contact us at BAPAM on 0207 404 8444 Monday – Friday 9am - 5pm, or email info@bapam.org.uk



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