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SUGGESTED USEFUL AND EMERGENCY CONTACTS

The organisations listed below provide crisis, urgent or practical support. They are independent services and are not affiliated with me.

This information is provided to help you access additional support when needed. While I have taken reasonable care in compiling this list, I cannot guarantee the availability, suitability or quality of the services provided, and contact details or opening hours may change.

If you believe that you or someone else is at immediate risk of serious harm, call 999 or attend your nearest A&E Dept.

- ⇒ **If immediate risk to life, call 999.**
- ⇒ **Devon Partnership First Response Team (FRT)** if in **crisis**. Call 111 and select the mental health option. If you are unable to make the call yourself then anyone can call on your behalf, for example a friend, carer, loved one, or your GP. The service offers all-age mental health crisis service for individuals living in Devon (not Plymouth). <https://www.dpt.nhs.uk/service-details/service/first-response-service-frs-78/>
- ⇒ Your own **GP**.
- ⇒ **The Moorings @Devon** crisis cafés and free out-of-hours support, in Exeter, Barnstaple and Torquay.
- ⇒ **Samaritans** call free 116 123 or email jo@samaritans.org available 24/7, offering supportive conversations on various mental health issues, call back, and follow-up services.
- ⇒ The **Devon Mental Health Alliance** runs a number of free drop-ins and activities across Devon and Plymouth. These are free, open-access drop-ins with no referral or diagnosis needed.
- ⇒ **Staying Safe** provides tools and guidance to help with emotional distress. Also offers ways to stay safe from thoughts of harm and suicide. Offers powerful recovery videos from people with personal experience.
- ⇒ **Papyrus: HOPELINE247** - call 0800 068 4141, text 88247, or email pat@papyrus-uk.org. Free, confidential, 24/7 service for anyone under 35, experiencing thoughts of suicide or concerned about a young person.
- ⇒ **Mind Devon** - Urgent Help Contact Numbers for all ages and all Devon areas
<https://www.devonmind.com/urgent-help>