

What services can help someone who is feeling suicidal?

Emergency services and Accident and Emergency (A&E)

- ❖ If someone is in immediate danger of taking their own life call emergency services on 999
- ❖ Ask for an ambulance
- ❖ Or take them to A&E at their local hospital
- ❖ Hospital staff will decide if they need to be admitted to hospital or not
- ❖ Give A&E staff as much information about the situation

Crisis team or home treatment team

- Crisis teams are sometimes called home treatment teams
- They are part of NHS mental health services
- They give short term support for people having a mental health crisis
- They are there to try and prevent people from needing to go to hospital
- They should be available 24 hours a day, 7 days a week
- Access to the crisis team is different in different areas of the country
- You may be able to contact them as a friend or family member
- GPs, A&E and the police can also ask them to see someone

Community Mental Health Team (CMHT)

- If there isn't a crisis team in the area you could contact the CMHT
 - They are part of the NHS
 - They support and give treatment to people with mental health issues

GP

Call their GP if you know who they are. A GP may be able to offer support in a crisis. If the GP surgery is closed there will be a recorded message to tell you who to call.

NHS 111

- NHS 111 can help if you have an urgent medical problem and you're not sure what to do
- Dial 111 on your phone
- It is a free service
- They are open 24 hours a day, 7 days a week

Recovery or crisis house

Crisis houses help people in crisis. They are an alternative to going into hospital. Usually people only stay in a crisis house from a couple of days up to a month. It is not a hospital but there will be healthcare professionals onsite. Usually a GP or other healthcare professional will refer someone. The NHS or charities usually run them. They are not available in every area of the country. You can search online or check with local mental health teams to find out what is available in the local area.

Charities

Some charities offer emotional support services. They help by listening to someone's concerns and giving them space and time to talk through how they feel. Emotional support services are not the same as counselling services.

You can find details of emotional support services at the end of this factsheet.