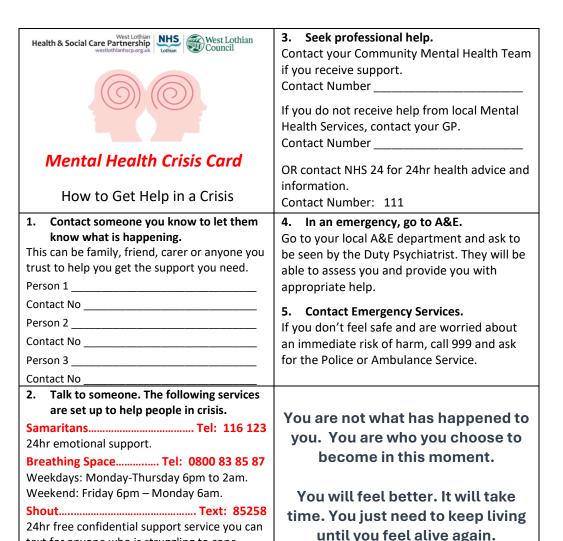
Health & Social Care Partnership westlothiahsp.org.uk Lothian Lothian West Lothian Council	3. Seek professional help.
westlothlanhscp.org.uk Lothlan COUITCII	Contact your Community Mental Health Tear
	if you receive support.
	Contact Number
	If you do not receive help from local Mental
	Health Services, contact your GP.
	Contact Number
Mental Health Crisis Card	OR contact NHS 24 for 24hr health advice an
	information.
How to Get Help in a Crisis	Contact Number: 111
1. Contact someone you know to let them	4. In an emergency, go to A&E.
know what is happening.	Go to your local A&E department and ask to
This can be family, friend, carer or anyone you	be seen by the Duty Psychiatrist. They will be
trust to help you get the support you need.	able to assess you and provide you with
Person 1	appropriate help.
Contact No	5. Contact Emergency Services.
Person 2	If you don't feel safe and are worried about
Contact No	an immediate risk of harm, call 999 and ask
Person 3	for the Police or Ambulance Service.
Contact No	
2. Talk to someone. The following services	
are set up to help people in crisis.	You are not what has happened to
Samaritans Tel: 116 123	you. You are who you choose to
24hr emotional support.	become in this moment.
Breathing Space Tel: 0800 83 85 87	boome in this moment.
Weekdays: Monday-Thursday 6pm to 2am.	.,
Weekend: Friday 6pm – Monday 6am.	You will feel better. It will take
Shout Text: 85258	time. You just need to keep living
24hr free confidential support service you can	until you feel alive again.
text for anyone who is struggling to cope.	,



text for anyone who is struggling to cope.

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