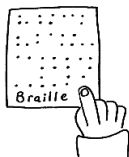




Mental Health Telephone Crisis Line 0800 145 6485

This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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**This leaflet tells you about the crisis line
and how it can help you.**

What is the crisis line?

The crisis line is a service that you can telephone if you feel that you are struggling to cope.



You might feel ..



Sad



Worried



Anxious



Angry

You can talk to someone about how you are feeling and they will listen to you.

If you need help from other services they will tell what to do.

When is the crisis line open?

The crisis line is open 24 hours.



This means that you can telephone at any time in the day or at night.

The number to call is **0800 145 6485**

It will not cost you any money to call.



Who can use the crisis line?

The crisis line is for anyone who is struggling with their mental health.



The staff at the crisis line are trained to work with people of all ages.

A friend or a member of your family can call the crisis line for you.

Family members and friends can also call the crisis line to get advice or help for themselves.