I need help now

Getting help in an emergency, a crisis or if you are in despair.

If your mental or emotional state quickly gets worse, you’re in crisis or despair – or you’re worried about someone else – help is available. It’s important to get help quickly. You’re not alone; talk to someone you trust. Sharing a problem is often the first step to feeling better.

**Where do I go for help?**

**Daytime mental health services**

Integrated Cornwall Community Mental Health Teams (ICMHTs) are available Monday to Friday from 8.45am – 5.15pm for advice and signposting. A referral to these teams can be made by:  
Tel: **0845 207 7711** (calls cost 2p plus your phone company’s access charge) or  
email:

East: [cft.eastreferralteam@nhs.net](mailto:cft.eastreferralteam@nhs.net)

Mid:  [cft.midreferralteam@nhs.net](mailto:cft.midreferralteam@nhs.net)

West: [cft.westreferralteam@nhs.net](mailto:cft.westreferralteam@nhs.net)

The referral lines are open from 9am until 5pm every day.

**Mental Health Matters – Out of Hours telephone support**

Support Matters Cornwall is an out-of-hours helpline operating from 5pm to 9am on weekdays and 24 hours a day at weekends and bank holidays. The service is open to all patients (aged 16+) under the care of the Trust’s mental health services.

Support can be delivered over the telephone, via text, email or web chat. Call free on  
**0800 001 4330.**You can download the leaflet at the bottom of this page.

**Do you need someone to talk to?**

Outside the working hours of the ICMHT there are a range of local and national organisations which can provide emotional support over the telephone or internet.

**The Samaritans – 116 123**

You can contact The Samaritans who are available 24 hours a day 365 days a year by phone as well as by email, text and post.

Telephone: Free of charge from landline or mobile: **116 123**  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Nightlink – 0808 800 0306**

Nightlink is an emotional support helpline and text service for anyone in Cornwall who is experiencing emotional distress. All calls are confidential. Nightlink is available 7 days a week from 5pm – midnight

Text service **07717 989 021**

**\*SANE – 0845 767 8000**

SANE offers support to anyone coping with mental illness, including concerned relatives or friends.  
The SANE helpline is available 7 days a week from 6pm – 11pm.

**Papyrus**

Papyrus are the national UK charity dedicated to the prevention of young suicide and they provide:

**HOPElineUK – 0800 068 4141**

This is a specialist telephone helpline for children, teenagers and young people up to the age of 35. Call Hopeline if you have concerns about suicide either for yourself or for someone else. Alternatively visit their website at [https://www.papyrus-uk.org](https://www.papyrus-uk.org/)

HOPELineUK is available:  
Monday to Friday – 10am to 5pm  
Evenings – 7pm – 10pm  
Weekends – 2pm – 5pm  
Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
Text: **07786 209 697**

**CALM – 0800 58 58 58**

(Campaign Against Living Miserabley)  
Specifically for men, this service is open 7 days a week, from 5pm to midnight.  
[www.thecalmzone.net](http://www.thecalmzone.net/)

**STAY ALIVE APP**

The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.

**Get the app here**

[Apple App Store](https://itunes.apple.com/us/app/stay-alive/id915458967) [Google Play](http://play.google.com/store/apps/details?id=uk.org.suicideprevention.stayalive) [Download the app content as a printable PDF](http://www.prevent-suicide.org.uk/downloads/Stay%20Alive%20App%20-%20Content%20Pack%20-%20September%202017.pdf)

**Download**

[Support Matters Cornwall Leaflet](https://intranet.doclibrary.cornwallft.nhs.uk/download.cfm?doc=docm93jijm4n6045&ver=15337)