

NHS111 - Option 2 for Crisis Mental Health Support

If you, or someone you know, is experiencing a mental health crisis, you can now call NHS 111 and select option 2 for urgent mental health support.

NHS 111 is available 24/7.

If you are deaf or have hearing loss please use NHS 111 – SignVideo <https://signvideo.co.uk/nhs111/> or use the 18001 111 Relay UK app.

Don't worry, local freephone crisis service numbers in your area will still be active for a while to make sure you always get the support you need, and are available 24/7.

You can find a current list of local freephone crisis service numbers on the NHS North East and North Cumbria website.

<https://northeastnorthcumbria.nhs.uk/here-to-help-summer/looking-after-your-mental-health/>

Need urgent
mental health
support?

Call 111
Select
**Mental Health
Option 2**

We're here for
you **24/7.**

NHS

NHS

**HERE
TO
HELP**

togetherall

If it's on your
mind, it's on
Togetherall

Anonymous online community here to
give your mental wellbeing a boost.
Available 24/7, 365.

Find out more



FREE to all

togetherall.com



Together All

Together-all is an online mental health resource to help take control of your emotional wellbeing. Together-all offers a supportive, anonymous community where you can discuss what's on your mind, get support from others and access resources, to helping with sleep and managing your feelings. Register using your Hartlepool postcode via this link: <https://account.v2.togetherall.com/register/area> Support is free, 24/7 and available now.

Text

CALMER

to

85258

shout
here for you 24/7

CALMER

A new free, confidential **mental health crisis text service** is now available across the North East and North Cumbria.

Anyone feeling anxious, stressed, isolated, or struggling can text **'CALMER' to 85258** for 24/7 support from trained mental health professionals via Shout.