PSYCHIATRY ATLAS

NEED MENTAL HEALTH HELP? KNOW WHO TO CALL

NHS urgent help



EMERGENCY HELP

999 / A&E

- Suicide attempt or immediate risk of serious self-harm
- Overdose, unconsciousness, chest pain, severe breathing trouble, or seizure
- Immediate threat of harm to yourself or others, or any other life-threatening emergency
- Severe or rapidly worsening mental health symptoms or trouble staying safe
- New confusion or sudden changes in thinking or awareness
- Serious medication reactions

Immediate danger or unsafe travel? Call 999 instead of driving

Calling 999 or going to A&E does NOT automatically mean admission to hospital



URGENT HELP

GET URGENT MENTAL HEALTH SUPPORT

You do not have to be suicidal

- **England - Call 111 and select the mental health option**
- **Scotland - Call NHS 24 on 111 and select the mental health option**
- **Wales - Call 111 and press 2**
- **Northern Ireland - Contact your GP or GP out-of-hours service for urgent mental health help**

Support for

- Feeling overwhelmed, severe anxiety or panic, or a mental health or substance-use crisis
- Suicidal or self-harm thoughts without immediate physical danger
- Concern about a loved one
- Unsure whether to call 999? An urgent mental health adviser can talk you through your options
- Confidential support, with safety and legal exceptions

You don’t have to do this alone

Childline: 0800 1111 - free support for anyone under 19 in the UK, day or night.
Samaritans: 116 123 - free listening support, 24 hours a day.

Urgent mental health support does not replace 999 for immediate danger



NON-URGENT HELP

Not an emergency? You don’t have to wait

Your GP or community mental health team • No immediate emergency

- Ongoing anxiety or depression, or problems with sleep, stress, or coping
- Non-emergency medication questions, medication side effects, or medication changes
- Understanding symptoms, check-ins, and follow-up appointments

If you don’t have a mental health professional, consider asking your GP for a referral

Do not wait for a routine appointment if symptoms become urgent or you cannot stay safe

YOU DO NOT HAVE TO BE IN CRISIS TO ASK FOR HELP

Seek support early • Unsure about immediate danger or a medical emergency? Call 999

Childline and Samaritans sources checked: 30 October 2026

Sources and References

1. **Where to get urgent help for mental health**
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   https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/

2. **Mental health services at NHS 24**
   NHS 24
   https://www.nhs24.scot/mental-health-services-at-nhs-24/

3. **NHS 111 Press 2**
   Welsh Government / NHS 111 Wales
   https://www.gov.wales/nhs-111-press-2

4. **Mental health emergency - if you're in crisis or despair**
   nidirect
   https://www.nidirect.gov.uk/articles/mental-health-emergency-if-youre-crisis-or-despair

5. **How to access mental health services - NHS**
   NHS · Updated 2026-05-05
   https://www.nhs.uk/mental-health/social-care-and-your-rights/how-to-access-mental-health-services/

6. **SHARE: consent, confidentiality and information sharing in mental healthcare and suicide prevention**
   Zero Suicide Alliance · Department of Health and Social Care · 2021 · Applies to England
   https://www.gov.uk/government/publications/share-consent-confidentiality-and-information-sharing-in-mental-healthcare-and-suicide-prevention/share-consent-confidentiality-and-information-sharing-in-mental-healthcare-and-suicide-prevention