

Venture Trust Wellbeing Hub

Immediate Help

Unfortunately, Venture Trust counselling is by appointment only and we do not have an immediate crisis service.

If you are struggling with the difficulties created by being in isolation, then do check in with some resources about looking after yourself here:

<https://www.mentalhealth.org.uk/coronavirus>

If it feels like you are no longer managing or there is a real risk that you might not be able to cope for much longer, then take a look at the following resources and use them to make a plan before it gets to that point. If it already feels too late, then use the following resources and advice now. Much of it is available 24/7.

Mental Health:

If you have already been given a Crisis Line number from a health professional, call it.

If you're under the care of a mental health team and have a specific care plan that states who to contact when you need urgent care, follow this plan.

- The charity Mind provides [information about how to plan for a crisis.](#)

If you need urgent help or support for yourself or someone close to you, please contact:

- [Samaritans](#) – 116 123 – (or 0131 221 9999) – 24 hours a day, every day of the year
- [SANEline](#) – 0300 304 7000 – every day from 1 pm – 11 pm – support & information for anyone coping with or caring for someone with mental health issues.
- [Breathing Space](#) – 0800 83 85 87 – every day from 6 pm – 2 am – A service originally aimed mainly at young men, but now for anyone experiencing low mood or depression.
- [Hopeline UK](#) – 0800 068 4141 – Support for anyone aged under 35 years old experiencing thoughts of suicide or anyone concerned a young person may be experiencing thoughts of suicide.

There are other phonedlines and listening/advice services that deal with some more specific conditions [here](#).

Alternatively:

You can [call NHS 111](#) if you or someone you know needs urgent care, but it's not life threatening.

For example:

if you have an existing mental health problem and your symptoms get worse

if you experience a mental health problem for the first time

if someone has self-harmed but it does not appear to be life threatening, or they're talking about wanting to self-harm

If you know the number, contact your GP's surgery or their out-of-hours service.

Police Scotland can also be contacted (24 hours) on 101.

If you need more help than that:

Visit A&E or call 999.

A mental health emergency should be taken as seriously as a medical emergency. Examples of mental health emergencies include thinking you're at risk of taking your own life or seriously harming yourself and needing immediate medical attention.

You can go to A&E directly if you need immediate help and are worried about your safety. You may be close to acting on suicidal thoughts or have seriously harmed yourself.

[Find your nearest A&E](#)

Once at A&E, the team will tend to your immediate physical and mental health needs.

Domestic violence:

If domestic abuse is happening to you, it's important to tell someone and remember you're not alone. You do not have to wait for an emergency situation to find help.

- The UK Mental Health Foundation have a page with [dedicated advice relating to isolating with an abusive partner here](#). Further to this you can:
- Talk to any doctor, health visitor or midwife.
- Women can call [The Freephone National Domestic Abuse Helpline](#), run by Refuge on 0808 2000 247 for free at any time, day or night. The staff will offer confidential, non-judgemental information and support.
- Men can call [Men's Life Advice](#) on 0808 8010 327 (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm) for non-judgemental information and support.
- Men can also call [ManKind](#) on 0182 3334 244 (Monday to Friday, 10am to 4pm)
- [The Mix](#) provides free information and support for under 25s in the UK – 0808 808 4994
- If you identify as LGBTQ+ you can call [Galop](#) on 0800 999 5428 for emotional and practical support.
- Anyone can call [Karma Nirvana](#) on 0800 5999 247 (Monday to Friday 9am to 5pm) for forced marriage and honour crimes.
- You can also call 020 7008 0151 to speak to the [GOV.UK Forced Marriage Unit](#)

In an emergency, call 999.