

MENTAL HEALTH AND EMOTIONAL WELLBEING: HELPLINES AND SUPPORT

This list of helplines and websites is intended to provide information about additional support you may find useful if you are worried about your own mental health or that of a friend, colleague or family member.

We would always advocate that you consult with your GP if you are concerned about your mental health, and that you access A&E services or ring NHS crisis services if you feel emergency help is needed (see contact details at the end). Where there is a threat of immediate danger and/or risk to life then you should ring 999.

CHILDREN AND YOUNG PEOPLE

ChildLine

Tel: 0800 1111

Website: [childline.org.uk](https://www.childline.org.uk)

Support for children and young people in the UK, including a free 24-hour helpline.

Samaritans

Tel: 116 123

Website: [samaritans.org](https://www.samaritans.org)

24-hour emotional support for anyone who needs to talk

NHS 111

Tel: 111

Website: <https://www.england.nhs.uk/urgent-emergency-care/nhs-111/>

Advice or treatment for physical or mental health. 24 hours a day, 7 days a week.

Young Minds Crisis Messenger

Text: YM to 85258

Website: <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

24/7 crisis support by text, free and confidential from most major networks:

Mind

Useful contacts: <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>

Rotherham and Doncaster E-Clinic App

The E-Clinic app is a free instant messaging service which enables young people (11-18 years) to self-refer and talk to a CAMHS Practitioner via their mobile device: [Rotherham eClinics – CAMHS \(rdash.nhs.uk\)](https://www.rdash.nhs.uk/) [Doncaster CAMHS eClinics – CAMHS \(rdash.nhs.uk\)](https://www.rdash.nhs.uk/)

ADULTS

SANE

Tel: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Website: <http://www.sane.org.uk/home>

Out of hours emotional support, information and guidance for people affected by mental illness, their families and carers.

Samaritans

Tel: 116 123

Website: samaritans.org

24-hour emotional support for anyone who needs to talk

NHS 111

Tel: 111

Website: <https://www.england.nhs.uk/urgent-emergency-care/nhs-111/>

Advice or treatment for physical or mental health. 24 hours a day, 7 days a week.

Shout Crisis Textline

Text: SHOUT to 85258

Website: <https://www.giveusashout.org/>

24/7 text chat service which is free on most networks; trained volunteers will listen to you, and work with to help you take the next steps towards feeling better

NHS

Useful contacts: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



NHS CRISIS SERVICES

Children and Young People – CAMHS Crisis Numbers:

Rotherham

9am – 5pm: 01709 304808

Out of hours and Weekends: 0800 652 9571

[Help in a crisis or out of hours – CAMHS \(rdash.nhs.uk\)](https://rdash.nhs.uk)

Doncaster

9am – 5pm: 01302 796191

Out of hours and Weekends: 0800 804 8999

[Help in a crisis or out of hours – CAMHS \(rdash.nhs.uk\)](https://rdash.nhs.uk)

Adults – Adult Mental Health Crisis Numbers

Rotherham (RDASH)

9am – 5pm: 01302 566999

Out of hours and Weekends: 0800 6529571

[What to do in an emergency – RDaSH NHS Foundation Trust](https://rdash.nhs.uk)

Doncaster (RDASH)

9am – 5pm: 01302 566999

Out of hours and Weekends: 0800 8048999

[What to do in an emergency – RDaSH NHS Foundation Trust](https://rdash.nhs.uk)

Sheffield (Sheffield Health and Social Care)

Available 24 hours/7 days a week: 0114 226 3636 or 0800 196 8281

Urgent help | Sheffield Health and Social Care (shsc.nhs.uk)

Barnsley (South West Yorkshire Partnership)

Available 24 hours/7 days a week: 01226 645000 or 0800 183 0558

In crisis | South West Yorkshire Partnership NHS Foundation Trust