

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

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

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.

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. [Child and adolescent mental health service \(CAMHS\) – Rotherham Doncaster and South Humber NHS Foundation Trust \(RDaSH\)](#)

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/>

MECC Link

MECC Link is a simple but flexible online tool that has been carefully designed to support an approach to positive behaviour change called 'Making Every Contact Count' (MECC). MECC Link helps you to raise awareness, motivate and signpost people to help them to improve their health and wellbeing. MECC Link gives you access a full range of signposting information for health improvement, including self-care and national and local support services

[MECC Link - Simple signposting to better health and wellbeing](#)

NHS MENTAL HEALTH SERVICES

Children and Young People – Child and Adolescent Mental Health Services Numbers:

Rotherham

9am – 5pm: 01709 304808

Out of hours and Weekends: 0800 8048 999

111 Option 2

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

Doncaster

9am – 5pm: 01302 796191 or 03000 021 1219

Out of hours and Weekends: 0800 8048 999

111 Option 2

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

Barnsley

9am – 5pm: Barnsley CAMHS 01226 644829 or Branching Minds 01226 107377

Out of hours and Weekends: 111 Option 2

[Child and adolescent mental health service \(CAMHS\) \(Barnsley\) | South West Yorkshire Partnership Teaching NHS Foundation Trust](#)

North Lincolnshire

9am – 5pm: 01724 408 460

Out of hours and Weekends: 0800 234 6342

111 Option 2

Adults – Adult Mental Health Numbers

Rotherham (RDASH)

9am – 5pm: 01302 566999 Option 2

Out of hours and Weekends: 0800 8048 999

111 Option 2

[What to do in an emergency – RDaSH NHS Foundation Trust](#)

Doncaster (RDASH)

9am – 5pm: 01302 566999 Option 2

Out of hours and Weekends: 0800 8048999 Option 2

111 Option 2

[What to do in an emergency – RDaSH NHS Foundation Trust](#)

North Lincolnshire

9am – 5pm: 0800 8048 999

Out of hours and Weekends: 111 Option 2

Sheffield (Sheffield Health and Social Care)

Available 24 hours/7 days a week: 0114 226 3636 or 0808 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

111 Option 2

In crisis | South West Yorkshire Partnership NHS Foundation Trust