

If you need urgent support then please use the following:

Contact my G.P surgery and ask for an emergency appointment or my G.P. out of hour's service on 03301230938

Contact NHS 111 (England)

Contact the NHS Crisis Team on 01904 526582

Go to any Accident and Emergency (A&E) department

Call 999 and ask for an ambulance to take me to A&E

Call Samaritans on 116 123 or email jo@samaritans.org - they're always open and are there to listen

Call Hopeline UK on 0800 0684141 - they are available 10am to 10pm weekdays and 2pm to 10pm weekends and bank holidays

Go along to the Haven at 30 Clarence Street - they are open every evening between 6pm and 11 pm