

## Are you having a difficult time and need help?

This information sheet gives details of the places you can go for help and support if you're feeling low, distressed or are having thoughts of suicide.

If it's an emergency call 999 now. If you need medical help and it's not an emergency call 111.

If you need urgent help and you're currently receiving care and treatment from the Community Mental Health Team (CMHT) you can call them Monday to Friday between 9am to 5pm. Call the Dartford, Gravesham and Swanley CMHT on 01322 622230. If it's out of office hours call the Dartford Crisis Team on 01322 622222.

If you're not currently receiving care and treatment from a Community Mental Health Team, make an appointment to see your GP. If you feel you need an urgent response and cannot access your GP, you can contact 111 or the Single Point of Access team on 0300 222 0123 where you will be signposted to the most appropriate service.

If you want to talk to someone there are many people waiting to take your call:

- [Samaritans](#) offer a safe place for you to talk any time you like, in your own way, about whatever's getting to you. Tel: 116 123 (Freephone 24/7). Email: [jo@samaritans.org](mailto:jo@samaritans.org)
- [Release the Pressure](#) is a Kent-based helpline that provides confidential support to get you back on track. Tel: 0800 107 0160 (Freephone 24/7)
- [Papyrus HopelineUK](#) is a helpline for anyone under the age of 35 having thoughts of suicide. Tel: 0800 068 41 41 – Text 0778 620 9697 (Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 10pm). Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- [Campaign Against Living Miserably \(CALM\)](#) has a helpline for men who are down or have hit a wall for any reason, who need to talk or find information and support. Tel: 0800 58 58 58 (5pm to midnight, 365 days a year)
- [The Silver Line](#) is a free and confidential helpline providing information, friendship and advice to older people. Tel: 0800 470 8090 (Freephone 24/7)
- [Childline](#) is a confidential helpline for anyone under the age of 19 where they can talk about anything, whatever the worry. Tel: 0800 1111 (Freephone 24/7)
- [Young Minds](#) offers support to young people experiencing a mental health crisis. Text: YM to 85258 (24/7 - texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus)
- [HarmLess](#) offers confidential support for those who self-harm or are at risk of suicide, their friends, families and professionals. Email: [info@harmless.org.uk](mailto:info@harmless.org.uk)
- [Live Well Kent](#) is a free service for anyone over the age of 17 to improve mental and physical health. They can help with keeping active and healthy, meeting people and everyday living practical support. Tel: 0800 567 7699
- [North Kent Mind](#) is an independent mental health charity operating in Dartford that provides a wide range of services for people who experience mental health problems. Tel: 01322 291380. Address: 20 West Hill, Dartford, Kent, DA1 2EP