NHS 111 option 2 is now known as NHS 111 Mental Health

**nyone in need can dial 111 at any time and select the option for mental health crisis. You will be connected to our contact centre where trained staff will provide appropriate support and advice 24 hours a day.**

The service is for people aged 18 and over and aims to ensure those in need of support can access it quickly when they need it most.

**Talking Therapies (IAPT)**

Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression.

You can access talking therapies for free on the NHS.

You can refer yourself directly to an NHS talking therapies service without a referral from a GP, or a GP can refer you.

Help is available in person, by video, over the phone or as an online course.

To access your local talking therapy service, click the link below for your area.

[**Basildon and Brentwood IAPT**](https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/basildon-and-brentwood/) [**Mid Essex IAPT**](https://www.hpft-iapt.nhs.uk/service/mid-essex) [**South East Essex IAPT**](https://www.therapyforyou.co.uk/) [**Thurrock IAPT**](https://inclusionthurrock.org/)

**Urgent Mental Health Care**

If you are having thoughts of suicide, are harming yourself or have thought about self-harm, it’s important to tell someone.

These thoughts and feelings can be complex, frightening and confusing, but you do not have to struggle alone.

If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, contact one of the organisations below to get support right away.

It’s important to know that support is available, even if services seem busy at the moment because of coronavirus.

**NHS 111 Mental Health Crisis Line**

The 24-hour service, launched by [**Essex Partnership University NHS Foundation Trus**](https://eput.nhs.uk/)t (EPUT), offers immediate and specialist support to adults experiencing mental health crisis.

Anyone in need can dial 111 at any time and select the option for mental health crisis. You will be connected to our contact centre where trained staff will provide appropriate support and advice 24 hours a day.

The service is for people aged 18 and over and aims to ensure those in need of support can access it quickly when they need it most.

**Samaritans**

When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that’s troubling you, no matter how difficult:

* call free on [116 123](tel:116123)
* [visit the Samaritans website](https://www.samaritans.org/)

**Papyrus**

If you’re under 35 and feel that life is not worth living any more, call Papyrus’s HopelineUK from 9am to 10pm weekdays and 2pm to 10pm on weekends:

* call HopelineUK on [0800 068 41 41](tel:08000684141)
* text 07860 039967
* [visit the Papyrus website](https://papyrus-uk.org/)

**Childline**

If you’re under 19, you can also speak to Childline. The number will not appear on your phone bill:

* call Childline on [0800 1111](tel:08001111)
* [visit the Childline website](https://www.childline.org.uk/)