

Surrey and North East Hampshire Mental Health Crisis Helpline

For weekends and evenings



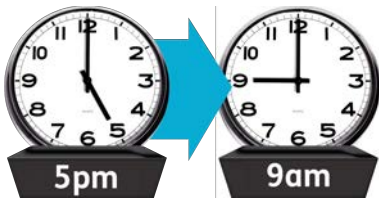
In times of crisis or distress please:

Phone: 0300 456 83 42



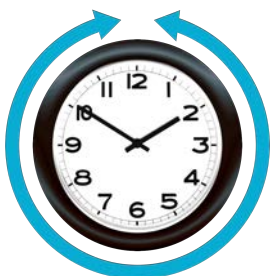
Text: 07717 98 90 24

Times



You can phone the crisis line:

- From 5pm - 9am Monday to Friday
- 24 hours on weekends and bank holidays





If the line is busy you will be asked to leave your number. Someone will call you back within 30 minutes.

Text



Send a brief message explaining your crisis to the text number. You will get a text in return.

For more information



Web: www.sabp.nhs.uk/help