

Mental Health Crisis Helpline

Call: 0800 915 4644

Calls to our Mental Health Crisis Helpline are now free of charge and lines are open 24 hours day, seven days a week.

We can listen to you and:

- help you work through immediate problems
- work with you, using your crisis plan, to find ways to move forward or suggest ways of coping
- give you information about other services that may help you or the person you care for.





**Surrey and Borders
Partnership**

NHS Foundation Trust

If you dial our previous 0300 number your call will be answered but you will be charged. Calls are charged at a local rate from a UK landline. Mobile costs vary.

Accessibility

If you have hearing or speech difficulties you can contact us by SMS text on 07717 989 024.

If you use a textphone or the Next Generation Text Service app (www.ngts.org.uk) you should dial 18001 0800 915 4644

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