

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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