



CHRISTMAS & NEW YEAR MENTAL HEALTH & FOOD SUPPORT



Support from healthcare providers

Crisis Information: If you are feeling suicidal or are worried about someone phone your GP or care team (if you have one) first. If you are unable to talk to them, call NHS 24 on 111. If it is an emergency, dial 999.

- **NHS24:** NHS24 can provide patients with health advice and help over the phone when your usual GP services aren't available. Referrals can also be made over the phone to crisis support and other mental health professionals out with normal GP practice working hours. **Call NHS 24 on 111, or if you think you need an emergency ambulance, call 999 to speak to the operator.**

Hope Point Dundee Wellbeing Support

Here to help you stay safe, and together find a way to positively solve the difficulties you are facing
Phone, text or drop in for face to face support. **Open 24hrs a day, 7 days a week**
Call: 0800 955 0008 / Text: 01382 604123 / Address: 4 South Ward Road, Dundee, DD11PN

Wider Support Services, Phone Numbers and Resources

- **Samaritans:** Provides 24 hour free confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide. **Call free: 116 123 / www.samaritans.org**
- **SHOUT:** Text 'SHOUT' to 85258 for **free**, 24/7 text-based support for people in crisis, struggling to cope & in need of urgent help.
- **CALM (Campaign Against Living Miserably):** **Free** helpline and webchat dedicated to preventing suicide and helping people talk through life's problems. **Call: 0800 58 58 58 / www.thecalmzone.net**
- **Breathing Space:** A confidential phone line for anyone in Scotland over the age of 16 who may be feeling low, anxious or depressed. **Call free on 0800 83 85 87. Opening hrs - Weekdays: Monday - Thursday 6pm - 2am. Friday 6pm - Monday 6am.**
- **Suicide? Help!:** A **free** information website as well as an Apple and Android app for people who are thinking about suicide or are worried about someone else. **Access online - www.suicidehelp.co.uk/ or download the App for free on your app store.**

PAPYRUS: Suicide prevention helpline, **HOPELINE247**, staffed by trained suicide prevention advisers, who work with young people and anybody concerned for a young person – to help keep them safe from suicide. It is a **free 24/7** confidential call, text and email service.

Call: 0800 068 4141/ Text: 88247 / Email: pat@papyrus-uk.org / Website: www.papyrus-uk.org



Scan the QR code to search for Food Larders, Community Cafes, Drop Ins, Community Fridges and other food projects in your local area and city-wide which are open over the **Christmas and New Year** period



Or visit: