

Sheffield Woman to Woman Counselling and Psychotherapy

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NCPS



Support Information for In-between Sessions

This information is to help direct you to some support if you ever feel you need help between sessions.

Step one - You might have your own strategy you would use and/or we can discuss this during a session. This may or may not include contacting a friend or family member for support.

Step two – Ring your GP during office hours to make an emergency appointment. [If you have a Community Mental Health Worker, contact her/him too].

IF YOU ARE AT **IMMEDIATE RISK** OF SERIOUS HARM OR INJURY AND **CAN'T GO TO A & E** YOU SHOULD CALL THE EMERGENCY SERVICES BY DIALLING **999**.

Options for Outside Office Hours (between 5pm – 9am and at weekends)

- Contact NHS Direct on **111**
NHS Direct is available 24/7 – 365 days a year. They will ask some basic questions to gather essential information including any medication you may be taking. If someone is ringing for you they will also need to give any information they ask for. They will assess the situation and advise you on the best way forward. This may be to contact your GP or they may help you to access an ambulance if they feel the problem is very serious.
- Ring your GP and ask to be put through to the **Out of Hours GP Service**.
- Ring or go to your local Accident and Emergency Department. There should be a Mental Health Crisis and Home Treatment Team and Liaison Psychiatry Teams who can assess you there.
- Go in person to your **City** GP Health Centre
You do not need to be registered.
8am – 10pm, seven days a week, 365 days a year

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Other Useful Contacts

National Samaritans: Someone to talk to.

Helpline: **116 123**

Website: www.samaritans.org.uk

Mind

Information Line: **0300 123 33 93**

Text **86463**

Monday-Friday 9am - 6pm (except for bank holidays)

Email: info@mind.org.uk

Post: Mind Infoline, PO Box 75225, London, E15 9FS

Rethink Mental Illness UK

Website: <https://www.rethink.org>

General Enquiries: 0121 522 7007 (direct you to relevant assistance).

No Panic UK: Support with anxiety/panic attacks/OCD and tranquiliser withdrawal

Helpline: **0844 967 4848** 10am – 10pm (Cost 5ppm plus access charge)

Website: <https://nopanic.org.uk>

Beat Eating Disorders UK

Helpline: **0808 801 0677**

Studentline: **0808 801 0811**

Lines are open 365 days a year; 12pm – 8pm weekdays; 4pm – 8pm weekends and bank holidays.

Website: <https://www.beateatingdisorders.org.uk>

CASS

Women's Self Injury Helpline: **0808 800 8088**

Monday to Friday: 7 – 10pm

Thurs: 3 – 6pm

TESS: For young women (under 24 yrs) affected by self-injury

Text: **07800 472908**

Sunday to Friday: 7pm – 9pm

Domestic Abuse Help Lines

National Domestic Abuse Helpline – **0808 2000 247**

www.refuge.org.uk

Domestic Abuse Directory: Women's Aid

www.womensaid.org.uk/domestic-abuse-directory/