



AGAL WELLBEING SERVICES

We are a service who provides support for you if you are going through a Mental Health issue or if you are going through Domestic Violence issues

AGAL **CRISIS PLAN: IN CASE OF AN EMERGENCY**

let there be light

HELPLINE NUMBER: 07438212578

If you are experiencing a mental health crisis the following services are available to you:

See your **GP** if you feel you are having a mental health crisis.

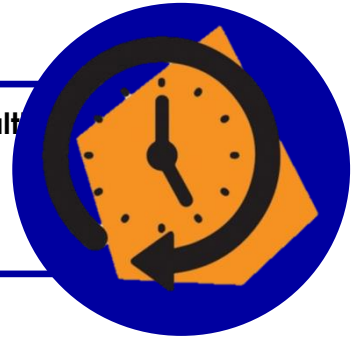


TALK TO US

Agal Wellbeing Services offers counselling support to clients aged 16 and over. You can call our helpline: **07438212578**.

We are here for you!

Out of hours (Monday to Friday after 17:00pm) you can call **mental health direct**, a telephone helpline service available 24 hours a day on **08009951000. 988 Suicide & Crisis Lifeline**.



If you have harmed yourself in any way, you should attend the nearest hospital. If you are unable to do this, you should call **999** or ask someone to take you to accident and emergency (A&E).

For further emotional support or if you just need someone to talk to during periods of despair, you can call **The Samaritans** on **(116 123)**. You can call for free from both landlines and mobiles. They are available 24 hours.

SAMARITANS

116 123



If there has been an incidence of violence or harassment or a threat of violence or harm made against you or someone you know, **dial 999 (minicom 0800 112 999)**. If you are in danger and cannot speak to phone the police, calling 999 and coughing or tapping in **55** on the keypad will signal to the call operator that you are in danger, allowing them to send officers to your location.