

Dial 999 if you think that your life, or that of another person, is at immediate risk or go to your nearest Accident and Emergency Department.

Gloucestershire Crisis Service.

Dial 111 and select option 2 if you or someone you know needs help in a mental health crisis.

Call Samaritans free on 116 123

Helpline is open 24 hours a day 365 days a year.

Text Shout to 85258

National Suicide Prevention Helpline UK

Call 0800 689 5652

Helpline is open 6pm to midnight, 365 days a year.