**Birmingham Helplines and Support Services**

**Crisis and mental health support helplines and websites**

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| **Service**  | **Information**  | **Contact**  | **Opening hours**  |
| Birmingham MIND  | A service for anybody over the age of 18 who is struggling with their mental health  | 0121 262 3555  0800 915 9292 (freephone)  | 24/7  |
| Samaritans  | A service for anybody over the age of 18 who is struggling with their mental health  | 116 123 (freephone)  jo@samaritans.org  | 24/7  |
| Papyrus  | A service for anybody under the age of 35 who is having suicidal thoughts  | 0800 068 4141 (freephone)  Text: 07860 0239967  pat@papyrus-uk.org  | 24/7  |
| SHOUT  | A text crisis service for anybody over the age of 18 who is struggling with their mental health  | Text ‘SHOUT’ to 85258  | 24/7  |
| The Mix  | Support for anybody between 11-25 who is struggling with their mental health  | Text ‘THE MIX’ to 85258  08080 808 4994 (freephone)  One to one chat at www.themix.org.uk  | Text and phone service 24/7  One to one chat Monday to Saturday 4pm to 11pm  |
| No Panic  | Support for people suffering with anxiety  | 0300 772 9844  | 10am to 10pm 365 days a year  |
| **Student space** | **Support and resources for students navigating student life** | **www.studentspace.org.uk** | **24/7 website** |
| YoungMinds  | Support and information website for young people  | [www.youngminds.org.uk](http://www.youngminds.org.uk/)  | 24/7 website  |

If you are unable to keep yourself safe, please seek immediate support. You can:

* **Call 999** if you are in immediate danger, require urgent assistance or feel at risk to or from anyone else.
* **Visit your nearest A&E department** if you need emergency medical or mental health support.

If you are experiencing increasing thoughts of self-harm or suicide, it is essential to seek professional help. Please contact your GP for guidance and support.