

Local mental health crisis helpline telephone numbers



Herts help

Herts Help is here to help you.

They will listen and help you find independent support, guidance and information to help you get the most out of life.

Call them on 0300 123 4044

**Hertfordshire Beacon for
Victim support**

Beacon is Hertfordshire's **Victim Care** Centre. Primary focus is to help you cope and recover from your ordeal.
Call 0300 0115 555 press option 3 (Monday-Friday 8am-6pm, Wednesday 8am-8pm)



**EMERGENCY REFUGE
ACCOMODATION**

Safer Places are an independent charity which exist to support survivors of **domestic abuse**.

Call 0330 102 5811 open 24/7

SINGLE POINT OF ACCESS

If you or someone you know need to get help with a **mental health issue** or you would like to talk about an urgent mental health problem please
Call 0300 777 0707

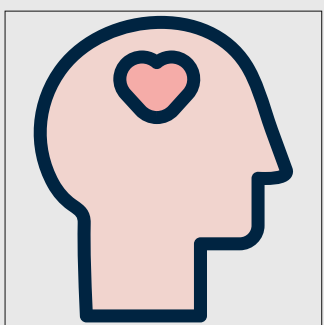


HERTS MIND NETWORK

If you are experiencing a **mental health crisis** and would like someone to talk to then call their helpline. They will provide emotional support information and advice.
Call 01923 256391

TEXT SHOUT

If you are struggling to cope and need to talk, Shout are here for you day or night.
If your life is at imminent risk, please call 999 for immediate help.
Struggling to cope? Text SHOUT to 85258



HPFT

HPFT's team of mental health professionals can be contacted directly by
Calling 0300 777 0707 or call NHS 111 services option 2

**IF YOUR LIFE IS AT RISK CALL
999**

If someone's life is at risk, for example they have seriously injured themselves or taken an overdose **call 999 or go to your nearest A&E**

