

REIGATE STEPPING STONES

EMERGENCY HELP FOR MENTAL DISTRESS

Emergency help

In times of pressure people respond in different ways - what may be a crisis to one person may not be to another. However talking to someone can provide reassurance and comfort. If you need or want to talk to someone about how you are feeling immediately then here are a few options.

Crisis Helpline Tel: 0300 456 8342 SMS Text: 07717 98 90 24
Textphone: 18001 0300 456 83 42 (Supported through the Text Relay Service)
Surrey & Borders Partnership NHS Foundation Trust Crisis Line
5.00pm – 9.00am weekdays
Weekends and Bank Holidays

The Samaritans: Tel: 08457 90 90 90 (24 hours a day)
Email: jo@samaritans.org
John Williams House, 46 High Street, Reigate, Surrey RH2 9AY
Telecom and Minicom: 01737 248444
Texting: 07725 90 90 90 (UK)
0872 60 90 90 (ROI)
Standard text rates apply

Confidential, anonymous support service for anyone in emotional distress, or at risk of suicide. Local branches also offer face to face support on arrangement.

The Samaritans

The Samaritans confidentiality policy means that they will neither confirm nor deny whether someone is in contact with them. They do **not** pass information based on what callers say to any external organizations, unless that person has given their informed consent, (or do not appear to be capable of being able to make a rational decision for themselves).

Saneline: Tel: 0845 767 8000 (6.00pm – 11.00pm)
Every day throughout the year.

(On their website they reported that it is easier to get through after 8.00pm.)

Crisis care, emotional support and practical information for anyone affected by mental health problems.

Saneline – Crisis Line

Offers emotional and crisis support to people suffering from mental illness, their families and friends and information to professionals and organisations in the mental health field.

Sane line also provides accurate and up to date information to give callers options for action and encourage them to benefit from whatever network of care exists in their area.

REIGATE STEPPING STONES

East Surrey Hospital – A & E Liaison – Valerie Canty

01737 768511 Ext. 6904

(Answer phone only for non-urgent messages and referrals are to be made via paging on 0300 55 55 222)

Assessment of mental health needs provided in an A & E Hospital setting for people presenting with a physical condition and possible self harm. The duty psychiatrist is on duty 24 hours daily – liaison nurse works mainly

- Monday – Wednesday: 4.30pm - midnight
 - Thursday: 7.00am - 2.30pm
 - Friday: 7.00am - 2.30pm and midday till 7.30pm alternate weeks (but check with switchboard hours on duty).
-

Emergency Ambulance Service 999

Can be very helpful.
