

What to do if you feel at risk

Help us help you

Having suicidal thoughts, or thoughts of harming yourself or others, can feel frightening and overwhelming. You may know what has triggered these thoughts, it may be Coronavirus, or they may seem to come 'out of the blue'. We would welcome you being able to talk about these thoughts and feelings in your sessions so we can work with you to help you to get the support you need.

However, unfortunately we do not provide an out of hours or crisis service. If you are not feeling able to keep yourself or others safe and you need to speak to someone urgently, you can use the services outlined in this leaflet to gain urgent support.

Who to call in a crisis

If you or someone else is feeling that they are going to harm themselves there are services available to help.

In an emergency call: 999 or go to Accident & Emergency

Contact your own GP, who are providing online or telephone consultations

NHS Direct: telephone 111 or www.111.nhs.uk

If you feel at risk from someone else or that you may harm someone else

In an emergency call: 999

If it is a non-emergency call: 101

If you need to talk to someone at anytime of the day or night

The Samaritans of Wakefield and District

Telephone: 116 123 *free from any phone*
0330 094 5717 *local call charges*

Email: jo@samaritans.org *response time 24 hours*

Website: www.samaritans.org/

Due to the Coronavirus outbreak, The Samaritans are unable to offer face to face service.

24 Mental Health Helpline

Telephone: 0800 183 0558

Confidential helpline offering support, advice, information and guidance. Available to anyone registered with a GP in the Wakefield District.

If you feel unsafe at home or that you are unsafe towards others

Wakefield & District Domestic Abuse Service

Helplines: 0800 915 1561

07899 717771

07876 395460

Please note these lines are open

Monday to Thursday, 8:30am - 5pm, &

Fridays, 8:30am - 4:30pm

#SilentSolution

If you're in immediate danger and need to call the police but feel as though it's not safe for you to speak, you can use the #SilentSolution.

Call 999 as usual and after you've heard the automated message which starts with 'you are through to the police' press **55**.

The police will then know it is not safe for you to speak, and will ask you questions which you can answer through your key pad.

If you need help with looking after someone or you're worried that a child or a vulnerable adult is at risk

Social Care Direct

Telephone: 0345 8 503 503

Email: social_care_direct@wakefield.gov.uk

If someone in your care discloses sexual violence or sexual abuse

Sexual Assault Referral Centre (SARC) Yorkshire

Telephone: 0330 223 0099

A service for if someone, aged 16 or above, experiences sexual violence or sexual abuse, but does not want police involvement.

If you need help with drug or alcohol problems

Wakefield Wellbeing Cloud

Telephone: 0300 123 1912 (Option 1)

Website: www.tp-sc.custhelp.com/

Face to face support has been temporarily suspended however, they continue to provide 1-2-1s over the phone and continue to accept new referrals.

Parenting Advice and support

Family Lives

Telephone: 0808 800 2222 *Helpline service is open Monday to Friday 9am - 9pm and Saturday and Sunday, 10am - 3pm .*

Email: askus@familylives.org.uk.

Website: www.familylives.org.uk

Other useful information

Citizens Advice Bureau

Telephone: 03444 111 444

Website: www.wakefielddistrictcab.co.uk

Normanton Food Bank

Telephone: 01924 895634 or 07307 189851

Website: www.wakefielddistrictcab.co.uk

St Catherine's Emergency Food Bank

Telephone: 01924 211130

National Debtline

Telephone: 0808 808 4000

Other useful information

Wakefield Council Housing Advice Team

Telephone: 01924 302085

Email: housingneedsservice@wakefield.gov.uk

The Housing Needs Service: *for homelessness + preventing*

Telephone: 01924 304362 / 304360

If you become homeless and their offices are closed you can contact 0345 8 506 506, or go to your nearest police station.

Other useful information on mental health

Rethink

A national mental health charity improving the lives of people severely affected by mental illness.

Telephone: 0300 5000 927

Website: www.rethink.org

Mind

A national charity provide advice and support to empower anyone experiencing a mental health problem.

Telephone: 0300 123 3393

The Mental Health Foundation

Has tips to help you, your family and friends to look after your mental health at a worrying time when there are threats to people's physical health.

www.mentalhealth.org.uk

Other things that can help when we feel low...

- Talk to a friend or family member about how you are feeling
- Do things you enjoy; this could involve going out for a walk, hobbies and interests such as colouring, or practising self care like having a warm bath
- Try not to isolate yourself; we often think the worst when we are alone. Telephone or email friends and family
- Eating regularly and drinking enough are important when we are going through a difficult time
- Try to stay away from things that give a 'quick fix' such as alcohol or eating unhealthy food as this often makes us feel worse later
- Think about how we got through difficult times before; what did we do and what skills and resources do we have?
- If you're feeling overwhelmed with Coronavirus updates, turn off news notifications on your phone. Mute people sharing updates or misinformation on social media. Equip yourself with information from trusted news sources.

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