

# Crisis Numbers

All In are not able to offer a crisis service. If you are in crisis or just need to talk to someone between sessions, please think about reaching out to one of these numbers:

**NHS 111** *Wales*

Call NHS 111 and select option 2 for urgent mental health support

**shout**  
85258

Text "SHOUT" to 85258 for confidential 24/7 crisis text support

**SAMARITANS**

Call Samaritans on 116 123 24 hours a day, 365 days a year

  
**SANE**

If you're experiencing a mental health problem call SANEline on 0300 304 7000 (4.30pm–10pm every day).

 **NATIONAL SUICIDE  
PREVENTION HELPLINE UK**

If you're experiencing suicidal thoughts, you can call on 0800 689 5652 (6pm to midnight every day)

**CAMPAIGN  
AGAINST  
LIVING  
MISERABLY**

Call CALM on 0800 58 58 58 (5pm–midnight every day) if you're affected by suicide or suicidal thoughts. Or if you prefer not to speak on the phone, you could try the CALM webchat service.

  
**C.A.L.L.**

In Wales, you can call the Community Advice and Listening Line (C.A.L.L.) on 0800 132 737 (open 24/7) or you can text 'help' followed by a question to 81066.