

We are not an emergency service so it is very important that you seek help from the right sources if you are having thoughts about hurting yourself or others. In the first instance we would recommend contacting your GP.

Out of hours GPs (6.30pm-8am Mon-Fri) 0845 2000 227

If you are feeling suicidal, please contact your local **Cornwall Mental Health Team (CMHT)**. They operate a crisis service which is specially trained to handle this kind of distress.

Community Mental Health Teams available (Monday to Friday - 8.45am to 5.15pm)

Caradon CMHT – (01579) 335226
North Cornwall CMHT – (01208) 251408
Restormel CMHT – (01726) 291212
Carrick CMHT – (01872) 356000
North Kerrier CMHT – (01209) 881888
South Kerrier CMHT – (01326) 435860
Penwith CMHT – (01736) 575555

To find out which CMHT covers the area you live in, please contact **Bodmin Hospital switchboard** on **(01208) 251300**

Nightlink - Cornwall's free-phone listening service for anyone who is experiencing emotional distress themselves or those supporting people in distress - anyone who feels they would like to discuss their difficulties in confidence. Nightlink is available on **Free-phone** on **0808 8000306** from 5pm to midnight every night. You can also **text 07717 989 021**

Samaritans - You can talk to Samaritans at any time of the day or night. When you contact them, a trained Samaritans volunteer will answer and give you the chance to talk about what's happening in your life and how that is affecting you. You can talk to Samaritans for as long as you want and you needn't tell them your name or any personal details if you don't want to. They won't share what you tell them with anyone else.

You can phone Samaritans on **(01872) 277 277**. The call costs the same as a local call or may be a free call, dependent on the arrangements you have with your own telecommunications provider. If you can't afford the cost of a call, Samaritans accept reverse charge calls from landline and mobile telephones and also from telephone call boxes. Additionally, you can also ask them to call you back. You can also email them on jo@samaritans.org or visit <http://www.samaritans.org/>