

[Back to listing](#)



**Themes:** Advocacy, Counselling, , Mental Health

**Aimed at:** All People

crisis help

Bipolar UK does not offer crisis support.

If you feel that you are in crisis you can contact any of the organisations below in addition to the free Peer Support we provide.

Don't wait for symptoms to get worse, reach out for help now. If you need someone to call on your behalf, let them, a crisis doesn't mean you do not deserve help.

urgent help

If you are feeling suicidal or have thoughts of hurting yourself or someone else and cannot stay safe:

Contact emergency services on 999 and ask for police and ambulance, ask someone to call for you if you are unable.

Go to the nearest Accident and Emergency Department or ask someone to take you - you can find this through NHS Choices

Call NHS 111 and ask to speak to a mental health professional.

Contact the Samaritans free on 116 123 or by email at [jo@samaritans.org](mailto:jo@samaritans.org)

If you are under the care of your local mental health team you can contact them for support along with the local crisis team. You can request out of hours help too.

You can also request an urgent GP appointment

what's the best course of action when you are low?

Low mood (at a 0-1) on our Bipolar UK mood scale may mean you have become very depressed and more withdrawn, lacking in self-care activities such as bathing yourself and eating regularly, or you may have become isolated and feel less hopeful. A higher risk of suicidal thinking can occur in this phase of the illness. If this is where you are, you should seek help and talk to those around you or reach out to professionals who can help.

Speak to your friends, family and peer support network if you have one.

Reach out to professionals, including GP, Mental Health Service if under their care or go to the nearest A&E department and ask to speak to the duty psychiatrist.

Talking is important and support from people who understand what you are going through can help difficult symptoms reduce.

reducing your risks with mania and hypomania

Hypomania can be a productive phase of the condition, and sometimes people can accomplish activities and enjoy their more elevated mood. However, there is also time when this can tip into full mania, with risky behaviour and possible psychotic symptoms.

With hypomania you may be feeling agitated, anxious and have lots of energy, talking fast or rushing from task to task. You may also find you are spending more or wanting to spend money without worrying about your budget.

The following tips may help:

Slowing things down may reduce the escalation.

Speaking to someone from your support network; this may be family or friend.

They may have noticed your mood is a bit more elevated, and will be able to speak to you about the way you are feeling.

Have something you can do to help relax, and take a break from the activity which is overwhelming.

If you feel the hypomania is building and you are not sleeping call your doctor, GP or mental health professional for support, and if necessary request a medication review.

other numbers for help and support

Please note: due to the ongoing coronavirus situation some organisations are closed or are working at a reduced capacity, please check their websites for the most recent update on their services.

Calmzone - provides emotional support for men nationwide. Dial 0800 58 58 58 between 5pm and midnight each evening

The Mix - if you're under 25, you can call 0808 808 4994 (Sunday-Friday 2pm-11pm), request support by email or use a crisis text messenger service - text THEMIX to 85258

Papyrus HOPELINEUK - If you're under 35 and struggling with suicidal feelings, or concerned about a young person, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm-10pm), email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text 07786 209 697

SANEline - leave a message on 07984 967 708 giving your first name and a contact number, and a staff member or senior volunteer will call you back as soon as practicable. Email at [support@sane.org.uk](mailto:support@sane.org.uk) The SANE community and Textcare services are still open

Shout 85258 - a free and confidential text message support service for anyone who is struggling to cope. Staffed by trained volunteers, Shout 85258 can help with issues such as stress, anxiety, panic attacks, depression, suicidal thoughts, relationship problems and bullying. It's free, anonymous and available 24/7. Text SHOUT to 85258

Switchboard - If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0300 330 0630 (10am-10pm every day), email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their their webchat service. Phone operators all identify as LGBT+

**Area:** Bassetlaw

## Contact Details

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<https://www.bipolaruk.org/>

[Back to Listing](#)