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Themes: Advocacy, Counselling, Mental Health

Aimed at: All People

Help in a crisis

Call: 0808 196 3779

Information for Deaf BSL users can be found [here](#)

The crisis line is open 24 hours a day, seven days a week, to people of all ages.

If you're in a mental health crisis, call the crisis line anytime of the day or night, and we can arrange for you to speak with a mental health professional. We can also advise you about other services, which can help you.

The crisis line is operated by local health workers. Don't worry, they will help you get the right support.

For other medical advice and support contact your GP or visit NHS 111.

Emergency Help

While the Emergency Department and 999 are not the best places to get help for the majority of mental health problems, you should still use these services if you have an immediate, life-threatening emergency requiring mental or physical health assistance.

Choosing the right care leaflet

I'm already a patient, how do I get help in a crisis?

If you, or the person you are concerned about are already being seen by our services, regardless of age, or you feel you need emergency treatment:

During office hours call the local number for your area:

Nottingham City: 0300 300 0065

South Nottinghamshire (Broxtowe, Gedling, Rushcliffe, Hucknall area): 0300 123 2901

Mansfield and Ashfield: 0115 956 0860

Bassetlaw: 0300 123 1804 (7.30am - 9pm) or 0115 956 0860 (9pm - 7.30am)

Newark and Sherwood: 0300 3000 131

Outside office hours, you should call your local Crisis Resolution and Home Treatment (CRHT) Team. The CRHT teams are available 24/7 and will be able to offer you immediate telephone support and reassurance to ensure that you feel safe and to help you manage your distress.

The Trust has developed a crisis care plan for all patients in Adult Mental Health community and inpatient teams. If you have such a plan please refer to it if you feel you are at particular risk of deterioration or breakdown of carer arrangements.

For children and young people

Call the CAMHS Crisis number: 0115 844 0560

Area: Bassetlaw

Contact Details

Nottinghamshire Healthcare

NHS Foundation Trust

NG3 6AA

0300 123 1804 (7.30am - 9pm)

<https://www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis>

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