

EMERGENCY CONTACTS

ADULT CRISIS TEAM HULL

Telephone : 0800 138 0990

SAMARITANS

Telephone : 0330 094 5717

CAMHS

Hull Contact Point –
01482 303688

East Riding Contact Point –
01482 303810

CALM

Telephone : 0800 58 58 58

Email : thecalmzone.net

NATIONAL SUICIDE PREVENTION HELPLINE UK

Telephone : 0800 689 5652
or 0800 689 0880

RETHINK MENTAL ILLNESS

Telephone : 0808 801 0525

Email : rethink.org

RELAY UK (DIFFICULTY HEARING)

Email : relayuk.bt.com

SANE

Telephone : 0300 304 7000

Email : sane.org.uk

SHOUT

Text : 85258

Email : giveusashout.org

SWITCHBOARD LGBTQ+

Telephone : 0800 0119 100

Email : hello@switchboard/lgbt