



Worried about your
own mental health or
the mental health of
someone you know?

Who can I talk to?

Need mental health support now?

Are you D/deaf or have hearing loss,
and in a mental health crisis?

Contact us by:

- text 07860 064 775
- SignVideo available 24/7, every day.
<https://signvideo.co.uk/nhs111/>
- text 18001 111 using the Relay UK app

If you or someone else is hurt, or in
danger now, you may need emergency
help.

You can use:

Text 999 or Video Relay BSL 999

Who else can help?

- **Your GP (family doctor)**
- **Shout** - text 85258
- **Hopeline247 BSL support**
Text: 88247
www.papyrus-uk.org/papyrus-hopeline247
- **TapSOS App** - connect with emergency services

Useful BSL videos

What is a mental health crisis?

SCAN ME



Mental health self help

SCAN ME



Local and national support

SCAN ME

