

Mental Health Signposting Guide

Connecting people to the right support

If someone is at immediate risk of harm, call 999 or go to A&E immediately

National Support Organisations

Mind

Information, advice and helpline services for mental health.

[mind.org.uk](https://www.mind.org.uk)

Samaritans

24/7 emotional support. Call 116 123 (free, any time).

[samaritans.org](https://www.samaritans.org)

Hub of Hope

UK-wide directory of local support. Enter your postcode to find help nearby.

[hubofhope.co.uk](https://www.hubofhope.co.uk)

Everyturn

Mental health and wellbeing services across the UK.

[everyturn.org](https://www.everyturn.org)

Shout

Free, confidential 24/7 crisis text line. Text SHOUT to 85258.

[giveusashout.org](https://www.giveusashout.org)

CALM

Campaign Against Living Miserably. Call 0800 58 58 58.

[thecalmzone.net](https://www.thecalmzone.net)

Birmingham Local Support

The Waiting Room

One stop shop for all support in Birmingham.

[the-waitingroom.org](https://www.the-waitingroom.org)

Children Safeguarding (CASS)

Call 0121 303 1888. Out of hours: 0121 675 4806.

Adult Safeguarding

Call 0121 464 9001 | AMHPoutofhours@birmingham.gov.uk