

# WHERE CAN YOU GET SUPPORT?

## NATIONAL SUPPORT SERVICES

If you're ever worried about your safety, or that of someone you know, you can **phone 999** or **NHS 111**, or visit your local Emergency Department.

Whatever you're going through, a Samaritan will always be there to listen so please reach out on the **Samaritans free 24-hour phone line at 116 123**.

If you are in a crisis, you can also **text Shout to 85258** to access a free 24/7 text service.

If you are having thoughts of suicide or are concerned for a young person who might be you can contact **HOPELINEUK** for confidential support and practical advice. Call: 0800 068 4141 or Text: 07786209697.

You can also call **SANELINE** on 0300 304 7000 from 6pm to 11pm every day for specialist emotional support and guidance to anyone affected by mental illness, including family, friends and carers.

## SUPPORT SERVICES IN LONDON

**London Nightline** is a telephone helpline providing confidential support and information to students in London. It is organised by students of higher education institutions in the London area. Available each night of term from 18.00 to 8.00, Nightline can be reached via telephone on +44 (0)20 7631 0101 or by email: [listening@nightline.org.uk](mailto:listening@nightline.org.uk).

There is also an advice service named **City Advice**. It is free and confidential; available to people who live, work or study in the City of London Square Mile (or live in a City of London Corporation Estate). To get in contact please call +44 (0)20 7392 2919.



Web: <https://liftbhangra.wixsite.com/about>

Instagram: @liftbhangra

Facebook: @liftbhangra

Email: [liftbhangra@gmail.com](mailto:liftbhangra@gmail.com)