

Useful Support Numbers

- **Young Minds:** Parents Helpline – call 0808 802 5544 or YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258. For further information, please visit: <https://youngminds.org.uk>
- **The Mix:** <https://www.themix.org.uk/get-support>
- **Mental Health Crisis Team:** 0800 616 171 (24 hours)
- **CAMHS Crisis team:** 8am-8pm call 02476 641799 or call 0300 200 0011 outside of these hours.
- **CAMHS Rise:** 0300 200 20 21
- **IAPT:** 024 7667 1090: Monday to Friday 9am - 4.30pm
- **Coventry safe haven:** <https://www.mhm.org.uk/coventry-safe-haven> : Out of hours: Monday to Sunday 6-11pm / coventryhaven.mhm@nhs.net
- **SANE:** Between 6pm and 11pm every evening. Call on 0300 304 7000.
- **Samaritans:** 24 hour helpline. Call on 116 123 for free.
- **Shout** also offers a free 24/7 crisis text service. Text SHOUT to 85258
- **Mental Health Matters:** <https://www.mhm.org.uk/> : 24 hour helpline. Call on: 0800 616171 from a landline, 0300 330 5487 from a mobile phone or text on 07786 202242.
- **Think Ninja app:** This can be downloaded from a store on smart phones (Google Play or Apple Store)
- **Relate:** 02476 225 863
- **The Laura Centre: Bereavement:** <http://thelauracentre.org.uk/>
- **Guy's Gift: Bereavement:** <https://www.guysgift.co.uk/>
- **Barnardos:** <https://www.barnardos.org.uk/>