

# WHO CAN HELP ME?

**Dial 999 if your life, or the life of someone you know, is at immediate risk.**

## Call 111

For the NHS, 24/7 Mental Health Helpline if you need urgent mental health support. This service is available to people of all ages in Oxfordshire & Buckinghamshire.

**SAMARITANS**

116 123

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

**GRASSROOTS  
SUICIDE PREVENTION**

## NHS recommended App: Stay Alive

The Stay Alive app, developed by Grassroots Suicide Prevention, is a **suicide prevention resource** for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

[Grassroots Suicide Prevention](#)

## Papyrus

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Call: 0800 068 41 41

Text: 077860 039967

**shout  
85258**

## Text SHOUT to 85258

Shout is a free, confidential anonymous 24/7 text support service from anywhere in the UK.

<https://giveusashout.org/>

## Frank

Honest information about drugs. Ring or text Frank to speak to a professionally trained friendly adviser who will give you straight-up unbiased information about drugs

0300123 660

Txt: 82111



**We are the national charity for people experiencing homelessness. We help people out of homelessness and campaign for the changes needed to solve it altogether.**

[Crisis Oxford | Crisis Skylight Oxford | Crisis UK](#)

## **CALM**

Male focused Suicide prevention charity on a mission to help people end their misery, not their lives.

0800585858

Live chat and WhatsApp



## Do you need emergency contraception?



The below links have more information on how to access free emergency contraception in your area

[Where can I get emergency contraception? - NHS](#)

[Free emergency contraception - Oxfordshire County Council](#)



## Oxfordshire Safe Haven

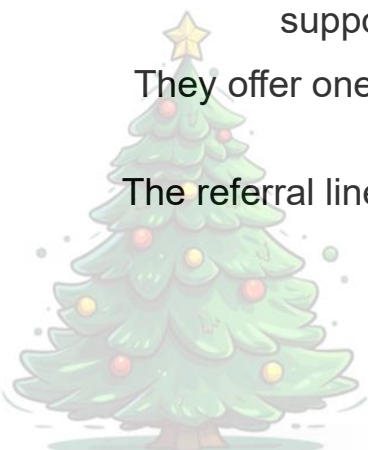


If you are 18+ and experience mental health crisis, you can get support with Oxfordshire Safe Haven by calling **01865 903 037**

Oxfordshire Safe Haven is a non-clinical service open every day offering listening support for people who are experiencing mental health crisis.

They offer one to one support on the phone and face to face, and small groups face to face in Oxford and Banbury.

The referral line is open 365 days a year from 11.30am to 9.30pm. You must call first to book an appointment for the same day.



[Oxford Health NHS Foundation Trust | Oxfordshire Safe Haven](#)



[Abingdon Foodbank | Feeding Local People in Crisis](#)

[Didcot Foodbank – Oxfordshire](#)

[Bicester Foodbank | Helping Local People in Crisis](#)

[Witney Foodbank | Helping Local People in Crisis](#)

[Wantage and Grove Foodbank](#)

[Wallingford Emergency Food Bank \(wallingfordfoodbank.org.uk\)](#)

[Carterton Community Foodbank](#)



## YOUNGMINDS

Whether you want to understand more about how you're feeling, get information about a mental health condition or find support, our guides can help. Your feelings are valid and things can get better.

[Mental Health Support For Young People | YoungMinds](#)



We offer a range of services for those affected by eating disorders. From support with telling someone you have an eating disorder to our Helpline, online support groups as well as other services and downloadable resources.

[Beat | Eating disorders](#)