

## Other things that can help when we feel low

- Talk to a friend or family member about how you are feeling
- Do things you enjoy; this could involve going out with friends, going out for a walk, hobbies and interests such as colouring, or doing self care like having a warm bath
- Try not to isolate yourself; we often think the worst when we are alone
- Eating regularly and drinking enough are important when we are going through a difficult time
- Try to stay away from things that give a 'quick fix' such as alcohol or eating unhealthy food as this often makes us feel worse later
- Think about how we got through difficult times before; what did we do and what skills and resources do we have?

## Other organisations

**Rethink, national mental health charity**

Helpline: 0300 5000 927

**Mind, national mental health charity**

Helpline: 0300 123 3393

## What to do if you feel at risk?

### Help us help you

Having suicidal thoughts, or thoughts of harming yourself or others, can feel frightening and overwhelming. You may know what has triggered these thoughts or they may seem to come 'out of the blue'. We would welcome you being able to talk about these thoughts and feelings in your counselling sessions so we can work with you to help you to get the support you need.

However, we do not provide an out of hours or crisis service. If you are not feeling able to keep yourself or others safe and you need to speak to someone urgently, you can use the services outlined in this leaflet to gain urgent support.

24 Trinity Church Gate, Wakefield, WF1 1TX

01924 211114

[info@wellwomenwakefield.org.uk](mailto:info@wellwomenwakefield.org.uk)

## Who to call in a crisis

If you or someone else is feeling that they are going to harm themselves there are services available to help

In an emergency call: 999 or go to Accident & Emergency

Contact your own GP or out of hours GP

NHS Direct telephone: 0845 4647 / 111

## If you need to talk to someone at anytime of the day or night

National Samaritans telephone: 116 123 (free phone)

Local Samaritans: 01924 377 011 (local call charges apply)

Text: 07725 90 90 90

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Visit local branch: (central Wakefield)

Samaritans Wakefield 37-39a

Charlotte Street

Wakefield

WF1 1UL

Usual hours open to receive callers at the door:

8:00am - 10:00pm

## If you feel at risk from someone else or that you may harm someone else

In an emergency call: 999

If it is a non emergency call: 101

## If you feel unsafe at home or that you are unsafe towards others

Wakefield & District Domestic Abuse Service

Helpline: 0800 9151 561

## If you need help with drug or alcohol problems

Inspiring Recovery telephone: 0300 123 1912

## If you need help with looking after someone or you're worried that a child or a vulnerable adult is at risk

Social Care Direct telephone: 0345 850 3503

## Parenting Advice and support

Parenting plus telephone: 0808 800 2222

## Other useful numbers

Emergency Housing Advice telephone: 01924 302 085

Normanton Food Bank telephone: 01924 895 634

Mid Yorkshire Hospital Switchboard telephone: 0844 811 8110

National Debt line telephone: 0808 808 4000

Citizens Advice Bureau telephone: 03444 11 444