

Talking Therapies

Help & Support in a Mental Health Crisis

There may be times when you need urgent emotional support or find yourself in a mental health crisis. While we are not an emergency service, help is always available.

If you are experiencing overwhelming distress, suicidal thoughts, or feel at risk of harm to yourself or others, please do not wait—reach out to the following services immediately:

Samaritans

Free, 24/7 Emotional Support

You can contact the Samaritans at any time of day or night, for free and in confidence.

Phone: 116 123

Website: www.samaritans.org

Email: jo@samaritans.org

Hertfordshire Partnership NHS Crisis Line

If you live in Hertfordshire and are experiencing a mental health crisis, you can contact the local 24/7 Single Point of Access (SPA) service:

Phone: 0800 6444 101

Text: 01707 677 227

Website: www.hpft.nhs.uk

Useful Resource – MIND in Hertfordshire

For general mental health support, information, and wellbeing services, you can also contact Mind in Mid Herts:

Website: www.mindinmidherts.org.uk

Phone: 03303 208100

Email: admin@mindinmidherts.org.uk

In an Emergency

If you or someone else is in immediate danger, please call 111 or go to your nearest A&E department. Please follow these steps:

Dial 111 > Press 1 > Press 1 again > Enable location > Press 2

You will be connected to your local 24/7 Mental Health Crisis Team.

Please remember: **You are not alone.** Support is always available, and reaching out is a sign of strength.

Nouvita Talking Therapies Team