

## Out of Hours Support

Name of Service	Details of Service	Contact Details
<b>Samaritans</b>	If you are in emotional distress, struggling to cope, or at risk of suicide. Text service available upon request.	<b>116 123 (UK)</b> 24/7 <b>Email:</b> <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> (response time 24 hours)
<b>South Staffordshire urgent mental health helpline (Crisis Team)</b>	If you feel unable to cope, are worried about your own mental health or someone you care for, help is available	<b>0808 196 3002</b>
<b>Staffordshire Mental Health Helpline</b>  Aged over 18 and living in Staffordshire	In debt/financial issues, relationship issues, concern about your physical or mental health, isolated, lonely, bereaved, concerned or looking after loved ones.	<b>Call:</b> 0808 800 2234 <b>Text:</b> 07860 022821 <b>Email:</b> <a href="mailto:Staffordshire.helpline@brighter-futures.org.uk">Staffordshire.helpline@brighter-futures.org.uk</a> 7pm -2am weekdays 2pm-2am weekends  Every day of the year
<b>Staffordshire Doctors Out of Hours Service</b>	For urgent medical concerns, they connect you to a nurse, emergency dentist or a GP.	<b>111</b> 24/7
<b>NSPCC</b>	If you're worried about a child, even if you're unsure.	<b>0808 800 5000</b> 24/7 <b>Email:</b> <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>