

A light blue silhouette of a human head in profile, facing right. Inside the head are several white circles of varying sizes, representing thoughts or bubbles. The background is white with several light blue circles of varying sizes scattered across it.

# Urgent Mental Health Support

For Urgent Mental Health Support call

**0300 200 0011** *(calls to this number are free).*

The Coventry and Warwickshire Partnership NHS Trust service is available **24 hours a day, 7 days a week.**

*During the COVID-19 (coronavirus) outbreak, we are currently prioritising our crisis services. We are also providing virtual and telephone assessments where possible.*

## NHS Mental Health Crisis Service:

**Telephone Number: 0300 200 0011** *(24 hours a day, 7 days a week - Between 9am to 5pm this number will take you to a central service, where your needs will be triaged and where required you will be placed into contact with the local crisis team. Outside of these working hours your call will be directly managed by the crisis service).*

When you contact us we will explore with you the nature of your crisis and assess with you if we need to come and visit you at your home. We have a range of experienced NHS staff and clinicians who will be able to guide you to service offers available to you across Coventry and Warwickshire.

**Additionally during 8am and 8pm (7 days a week) you can call the Children and Young People Crisis Service directly on 024 7674 1799** (outside of these hours please use the main number above).

## Voluntary and Community Sector Support Helpline provided by Mental Health Matters in Coventry and Warwickshire

**Telephone Number: 0800 616 171** *(24 hours a day, 7 days a week).*

**Website link: <https://www.mhm.org.uk/coventry-warwickshire-helpline>**

This helpline provides emotional support to residents in Coventry and Warwickshire and connects you with highly skilled, trained and compassionate staff that can offer you a listening ear and can connect you with a wider network of support provided by the voluntary sector in collaboration with the trust. This service also provides a webchat functionality if you feel speaking with someone over the phone is too difficult.