

If you feel unable to keep yourself safe, are having thoughts of harming yourself or making plans to end your life please:

- Contact Your GP To Ask for An Urgent Appointment
- Ring 111 or 999
- Attend your Local ED Department and ask to speak to their 'Psych Liaison Team'
- Contact your crisis team if you are known to them

IT CAN ALSO BE HELPFUL TO COMPLETE A SAFETY PLAN:

- [Stay Alive app](#)
- Download or complete electronically - [Staying Safe](#)

USEFUL RESOURCES:

- PRACTITIONER HEALTH Text Service: Text 'NHSPH' To 85258
- Samaritans: www.samaritans.org
- Papyrus: www.papyrus-uk.org
- Calm (Support for Men): www.thecalmzone.net
- Doctors Support Network: www.dsn.org.uk
- BMA Wellbeing Support: www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/sources-of-support-for-your-wellbeing
- British Doctors & Dentist Group (Support for addiction): <http://www.bddg.org/>
- The National Wellbeing Helpline: 0800 111 4191/ www.wellbeinghub.scot