

What to do if you need urgent help

What is a mental health crisis?

A mental health crisis is different for everyone. The causes are different. How people feel is different. How people act is different. If you have a sense of being overwhelmed, being unable to cope and lacking control, then please seek help from someone as soon as you can.

Where to seek help?

Adults

If you, a family member or friend are in crisis and need help, please dial 111 and select option 2 for mental health crisis. You will be able to talk with a trained call handler who will provide appropriate support and advice. You can call 24 hours a day 365 days a year.

Under 18s

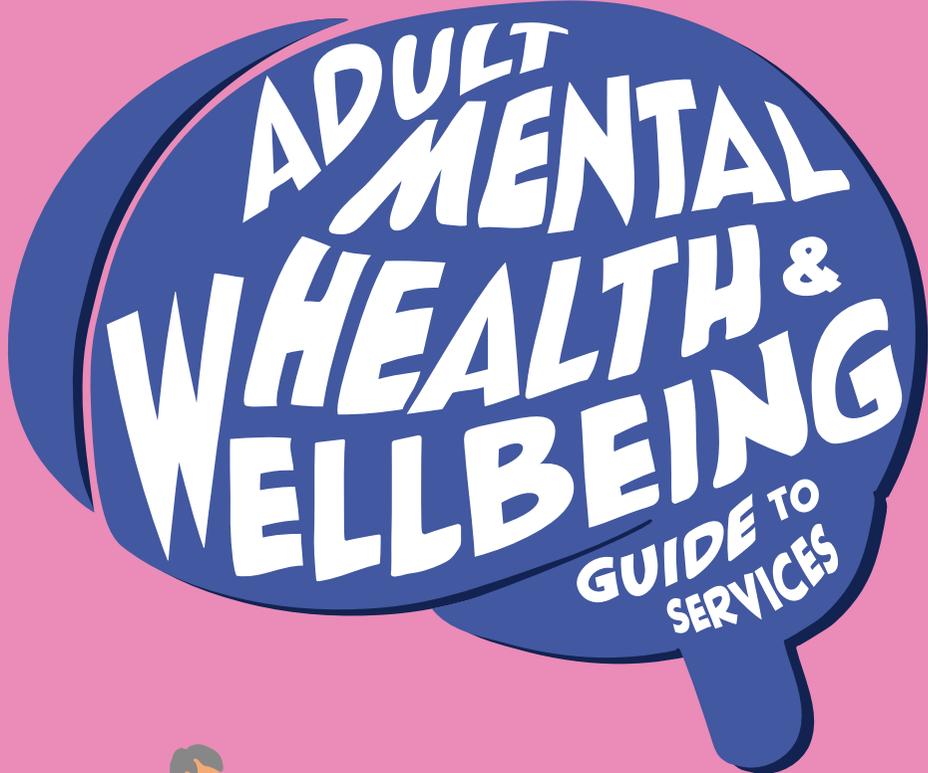
For anyone under the age of 18 in crisis, please call 0300 300 1600 or if you need urgent help or out of hours help, call 0300 555 1200. See our children and young people guide for information on services for under 18s:

bit.ly/thurrock-cyp-mental-health-guide

Serious or life-threatening emergencies

If you are worried for your own or somebody else's safety, then please dial 999.

Turnover for more →



ADULT
MENTAL
HEALTH &
WELLBEING
GUIDE TO
SERVICES

THURROCK



General Wellbeing and mental health

Some example symptoms:

Feeling lonely and isolated

Finding yourself worrying about something that you need support with

Dealing with a loss that you are struggling to come to terms with

Needing someone to talk to

Thoughts and feelings that are stopping you living your life in the way that you want

Some example symptoms:

Feeling low and hopeless

Having regular anxious thoughts in general or around specific situations

Constantly worrying about your life, work, health or relationships

Having panic attacks

Living with fears and phobias

Regular nightmares and flashbacks

Your life and health are seriously affected by your thoughts, feelings and behaviours

Some example symptoms:

Experiencing cycles of deep depression and mania

Seeing things or hearing voices that aren't really there, or have deep beliefs and delusions which are untrue

Having trouble keeping track of your thoughts

You or those close to you noticing that you are behaving in unusual and unpredictable ways

You're feeling overwhelmed and unable to cope and need help now

Some example symptoms:

Experiencing overwhelming anxiety

Feeling like you are unable to cope

Experiencing other emotions or thoughts that are overwhelming

Feeling like you need urgent help

You're at risk of serious physical injury

Call 999 immediately if:

Someone's life is at risk – for example, someone has seriously injured themselves or taken an overdose

You do not feel you can keep yourself or someone else safe

Services that can help you

Inclusion Recovery College Thurrock

Short courses on anxiety, mindfulness etc.
T: 01375 898680

W: recoverycollege.inclusionthurrock.org

Thurrock and Brentwood Mind

Counselling, bereavement counselling, carers service, wellbeing activities etc.
01375 391411

W: thurrockandbrentwoodmind.org.uk

St Luke's Hospice

Bereavement support, carer's support.
T: 01268 524973
W: stlukeshospice.com

Inclusion Thurrock

Provides talking therapies that can help you with mild to moderate depression and anxiety disorders, including PTSD and trauma, OCD and panic attacks.

Treatments include CBT, EMDR and IAPT counselling.

"PST Thurrock" offers psycho-sexual therapy to you and your partner if you need psychosexual support.

T: 01375 898680

W: inclusionthurrock.org/online-referral

E: inclusion.thurrock@nhs.net

Speak to your GP

For more severe mental health needs, you should speak to your GP first of all. They may then refer you to a specialist mental health team.

A specialist mental health team can support you with your mental health. The team is made up of mental health professionals such as psychologists, psychiatrists and mental health nurses.

24/7 NHS 111 Option 2

If you or someone you know is in crisis, please dial 111 and select option 2 for mental health crisis. You will speak with a trained member of staff who can advise you.

Samaritans

Whatever you're going through, you can talk to someone at Samaritans 24/7 and for free.
T: 116 123

A&E Departments

The three A&E departments in mid and south Essex are:

Basildon A&E

Basildon University Hospital, Nethermayne, Basildon, Essex, SS16 5NL

Mid Essex A&E

Broomfield Hospital, Court Road Broomfield, Chelmsford, Essex, CM1 7ET

Southend A&E

Southend Hospital, Prittlewell Chase Westcliff on Sea, Essex, SS0 0RY

SPECIALIST SERVICES

Drug and alcohol addiction

Addiction can have serious, long-lasting consequences for your mental and emotional wellbeing. It's not easy to admit to an addiction and even more difficult to do something about it. Inclusion Visions Thurrock can help those with alcohol or drug addiction to overcome it. Get in touch today.

T: 0300 303 1018

W: www.visions.inclusionthurrock.org

Problems with food and eating

If you're worried about your weight or eating habits or someone has told you they're concerned about you, there are services that can help. Contact your GP to see how to access these services.

Beat also has several helplines for adults and young people for extra support and information about eating disorders:

www.beateatingdisorders.org.uk

Employment support

Getting back to work after a long period of unemployment can be daunting. HeadsUp provides support and advice to people in Essex with common mental health problems to help them get back into the workplace after a period of unemployment.

T: 01206 489913

W: enableeast.org.uk/headsup

Support for pregnant women and new mothers

Together with Baby

Being a parent is not easy, and sometimes we need a little bit of extra help. The Together with Baby service is here to help you better understand your baby's different ways of communicating so you can support their needs while strengthening your relationship with your baby.

T: 01621 866900

E: epunft.pimhs.eput@nhs.net



Health Visiting Service

The Health Visiting Service in Thurrock can provide advice and support for parents from pre-birth to when your child reaches the age of five. For more information on the service, visit their website:

www.nelft.nhs.uk/services-thurrock-health-visiting

Perinatal Mental Health Service

Pregnant women and new mothers who have experienced or are experiencing mental health difficulties can get extra support and advice. The Perinatal Mental Health Service provides support throughout your pregnancy and the first year of your baby's life. You can be referred to the service by a health professional like a GP or midwife. Speak to a health professional if you think you need extra support.

Midlands and East Veterans Transition, Liaison and Intervention Service (TILS)

Veterans can access a specialist service for those that have served in the military. The service provides a range of treatment and support regardless of when you left the armed forces. They can help with complex problems and psychological trauma as well as more common needs such as alcoholism, anxiety and depression.

You can refer yourself to the service or request a referral from a GP or another healthcare professional, Royal British Legion, Combat Stress, Help for Heroes or SAAFA.

T: 0300 323 0137

E: mevs.mhm@nhs.net

