

ADHD BABES

Staying Safe

ADHD babes is a community organisation for Black Women and Black non-binary people with ADHD and provides peer support groups, creative workshops, developmental workshops, wellness sessions and online community platforms.

ADHD Babes is not a mental health service.

ADHD Babes does not provide therapy or support for people needing urgent mental health care.

If you would like to speak to someone about getting support for your mental health, the best person to speak to is your GP.

Where to get urgent help for mental health

If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment. It's important to know that support is available, even if services seem busy at the moment because of coronavirus.

NHS urgent mental health helplines

NHS urgent mental health helplines are for people of all ages.

You can call for:

- ⇒ 24-hour advice and support—for you, your child, your parent or someone you care about
- ⇒ Help speak to a mental health professional
- ⇒ An assessment to help decide on the best course of care
- ⇒ **Find a local NHS urgent mental health helpline:** <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

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Free listening services

These services offer confidential advice from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

- ⇒ Call [116 123](tel:116123) to talk to [Samaritans](https://www.samaritans.org), or email: jo@samaritans.org for a reply within 24 hours
- ⇒ Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](https://www.shoutcrisis.org), or text "YM" if you're under 19

If you're under 19, you can also call [0800 1111](tel:08001111) to talk to [Childline](https://www.childline.org.uk). The number will not appear on your phone bill.

Coping during a crisis

The mental health charity Mind has information on [ways to help yourself cope during a crisis](https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/).
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This includes calming exercises and a tool to get you through the next few hours.

Emergency GP appointments

- ⇒ Your local GP surgery should be able to offer you an appointment to see a doctor quickly if you need urgent support for your mental health. This is often called an emergency appointment or same-day appointment.
- ⇒ You can get an emergency appointment with your GP if you need urgent support for your mental health, but you feel able to keep yourself safe for a short while until your appointment.

Calling 111

You should call 111 if:

- you are not able to speak to your local NHS urgent mental health helpline
- you need help urgently for your mental health, but it's not an emergency
- you're not sure what to do

111 will tell you the right place to get help if you need to see someone.

You may be able to speak to a nurse, or mental health nurse, over the phone.

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Calling 999 and going to A&E

You should call 999 or go to A&E if:

- ⇒ Someone's life is at risk – for example they have seriously injured themselves or taken an overdose
- ⇒ You do not feel you can keep yourself or someone else safe

If you go to A&E, the staff should treat you with respect and look after any immediate physical and mental health needs.

They should also refer you to a liaison psychiatry service or local crisis resolution and home treatment team (CRHT).

For more information please visit: <https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/where-to-get-urgent-help-for-mental-health/>

If you are not based in the UK and feel you cannot keep yourself safe, please call your country's emergency number or attend your local accident and emergency service. Feel free to contact us to request specific crisis information for your area/country and we will do our best to respond