

## PSYCHOSIS

**You can contact your local, community-based team if you need rapid assessment of someone experiencing a crisis or mental distress, Google search;**

- <your borough> Mental Health Crisis Team
- <your borough> First Response Team

- [Hearing voices TED talk](#)
- [Hearing voices Network](#)
- [David Harewood documentary - Psychosis and me](#)



## SUICIDAL THOUGHTS

## CRISIS HELPLINES:

[Samaritans](#) Call 116 123 lines are open 24/7, 365 days a year

[Papyrus: A charity preventing suicide amongst young people](#)

[Staying Alive](#) - Suicide Prevention App

[Survivors Of Bereavement by Suicide support charity \(SOBS\)](#).

A UK charity offering free, confidential crisis support to people affected by someone going missing: [Missing people](#)

## USEFUL INFORMATION:

[ICO Guidance on disclosing mental health emergencies at work](#)

[International Suicide Rates](#)

## TV SHOWS / PODCASTS:

[The Stranger on the Bridge Documentary](#)

[The Bridge Documentary](#)

[Ben Aker's film](#)

Ask Twice:

- [Steven Bartlett, Diary of a CEO Podcast \(with Roman Kemp\)](#)
- [Roman Kemp documentary: Our Silent Emergency](#)

## AWARENESS CAMPAIGNS:

[3 Dads Walking](#)

[Norwich City YouTube](#)

## NHS CRISIS HELPLINE

[Call NHS 111 And select Option 2](#)

People in England can now **call 111** to access 24/7 mental health crisis support. The call handlers are trained in mental health and can connect callers to nurses and clinicians. They can also organise assessments, send crisis teams, and refer callers to local help.