



BARNLEY FOOTBALL CLUB
SINCE 1887

If you need help during a mental health crisis or emergency there are a number of organisations that can help you:

NHS 111

NHS urgent mental health helplines provide:

- 24-hour advice and support - for you, your child, your parent or someone you care for
- help to 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

Emergency Services 999

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Email: jo@samaritans.org or visit some branches in person.

Website: www.samaritans.org.uk

SANEline

If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day).

Barnsley Football Club
Oakwell Stadium, Grove Street, Barnsley, South Yorkshire, S71 1ET
Tel. 01226 211211 www.barnsleyfc.co.uk





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The Mix

If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm), request support by email using this form on The Mix website or use their crisis text messenger service.

Papyrus HOPELINEUK

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm–10pm), email: pat@papyrus-uk.org or text 07786 209 697

Mind

Phone: 0300 123 3393
(Monday to Friday, 9am to 6pm)

Or contact Sean Margison at Reds in the Community to learn about their peer support groups on sean.margison@barnsleyfc.co.uk

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