

CRISIS AND OTHER SUPPORT INFORMATION

In the event of acute concerns related to the safety of yourself or others, please contact the emergency services on 999.

In a mental health crisis, you can:

- 1.** Self-refer to the **First Response Service**. The service is available 24 hours a day, 7 days a week. You can contact them on freephone: **0800 952 1181**
- 2.** Telephone your GP who can also refer in to the First Response Service (as above) if urgent support or advice is required to support your mental health.
- 3.** Telephone **NHS 111** who can help if you, your child, or family member have an urgent medical problem and you are not sure what to do. NHS 111 is available 24 hours a day, 7 days a week.
- 4.** Telephone **NHS Emergency Services 999**, if your wellbeing has deteriorated to the point that the risks you present are very high and you feel unable to keep yourself safe.
- 5.** Present at **A&E (Accident and Emergency)** at either Airedale Hospital or Bradford Infirmary:
 - a. Airedale General Hospital:** Skipton Road, Steeton, Keighley, BD20 6TD. Tel: 01535 652511

OR

- b. Bradford Royal Infirmary:** Duckworth Lane, Bradford, BD9 6RJ. Tel: 01274 542200

Additional sources of Support / Helpful Contacts in a Mental Health Crisis:

Safe Spaces (Haven & Sanctuary have now merged) Safe Spaces is a crisis support service for anyone in mental health distress. Anyone aged 7 and over living in the Bradford District and Craven can access their support. Open 365 days a year, 12pm – 2.30am.

Website address: www.mindinbradford.org.uk/support-for-you/safe-spaces/

Website link: [Safe Spaces - Crisis Support | Mind in Bradford](#)

If you need support today, call First Response on freephone 0800 952 1181 and ask for ‘Safe Spaces Crisis Support’