

Steps to take in an emergency

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Book an emergency GP appointment

If you need urgent mental health support, but feel like you can keep yourself safe for a little while, you should book an emergency GP appointment – contact your GP surgery directly to book.

They can:

- look at your previous medical notes
- prescribe or adjust your medication to help you manage symptoms
- make referrals for support from other services (e.g. local mental health teams or potential hospital admissions)



Attend A&E – call 999 if you need an ambulance

If you cannot keep yourself immediately safe, visit A&E.

A&E is where the most serious emergencies are treated – if you are experiencing a mental health emergency, it is important to take it as seriously as a physical health emergency.

You should go to A&E if yourself or if someone you are supporting is having immediate thoughts of suicide and is making plans to act on them, and/or a significant injury has occurred (e.g. overdose of medication).

NHS

A&E

They can:

- keep yourself safe in the short term
- give an assessment of your mental health needs
- prescribe or adjust your medication to help you manage symptoms
- support you with an admission to hospital or direct you to the appropriate outreach service

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