

In crisis help sheet.

Experiencing a mental health crisis?

If you, or someone you care for, are experiencing a mental health crisis, you are not alone.

Milestones Trust is not an emergency response service so please call one of the numbers below for immediate support and information:

Samaritans

For people experiencing feelings of distress or despair
116 123 (free 24 Hour Helpline)
www.samaritans.org.uk

Bristol Crisis - 0300 555 0334

The crisis service provides high-quality 24/7 support to people experiencing an extreme mental health or emotional crisis that requires help.

If you or someone you are with is in crisis, please call the crisis line – **0300 555 0334** – to speak to dedicated clinical staff who will deliver compassionate and effective support. This line is open 24 hours a day, every day.

AWP Intensive teams

AWP Intensive Teams consist of experienced mental health staff who offer assessment and home treatment for people aged over 16 years experiencing a mental health crisis, as an alternative to hospital admission.

The team operates 24 hours a day 7 days a week. However, the team does not provide an 'emergency' service such as a 999 response.

BANES 01225 362814

Bristol (Central) 0117 3547257

Bristol (North) 0117 3547312

Bristol (South) 01275 796209/341

South Gloucestershire 0117 3784250

North Somerset 01934 836497

Swindon 01793 836820

Wiltshire (South) 01722 820173

Wiltshire (North) 01380 731292