##

## Your Important Contact Details

Educational supervisor

Name …………………………………………….

**Call** [**Samaritans**](https://www.samaritans.org/)**:**

**116 123**

Email …………………………………………….

Telephone …………………………………………….

College Tutor

**Text** [**SHOUT**](https://www.crisistextline.uk/) **– text chat with crisis volunteer:**

**85258**

Name …………………………………………….

Email …………………………………………….

Telephone …………………………………………….

TPD

Name …………………………………………….

**Call** [**CALM**](https://www.thecalmzone.net/help/get-help/) **– a national helpline:**

**0800 58 58 58**

Email …………………………………………….

Telephone …………………………………………….

General Practitioner

Name …………………………………………….

Email …………………………………………….

Telephone …………………………………………….

Psychotherapist

Name …………………………………………….

Email …………………………………………….

Telephone …………………………………………….

Crisis Line

Use this link to find your local mental health crisis line:

[Crisis Team](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)