**Crisis Support Information –**

**Oldham Services**

If your Mental Health is at crisis point and you feel that you are unable to keep yourself safe, please seek immediate help:

* Attend your local **Accident and Emergency (A&E) Department**
* Call **999** and tell them how you are feeling
* Ask someone to call 999 for you, or to take you to A&E

If you need urgent support but do not want to attend A&E:

* Contact your **GP Surgery** and ask for an emergency appointment
* Dial **111**, NHS 111 is available 24 hours a day, 7 days a week
* Contact the Community Mental Health Team if you are under their care
* Call The Samaritans on **116 123**, 24 hours a day, 7 days a week

If you have concerns that either you, a child or any vulnerable adult is at risk of harm, abuse, or neglect, you can contact the Multi-Agency Safeguarding Hub (MASH):

* Oldham **MASH 0161 770 7777**, Mon – Fri 8:40am – 5:00pm
* Emergency Duty Team **0161 770 6936** outside of the above hours

**\***If you suspect a person is at immediate risk of harm, call **101,** or **999 in an emergency,** and ask for the **Police**.

Please note: If TOGMind have cause to be concerned for your welfare and/or safety, and we are unable to make contact you, then we may contact your next of kin/emergency contact, or the Police to conduct a Welfare Check.