



FREE RESOURCE · URGENT SUPPORT

Getting help now

If you're struggling right now, you don't have to wait for an appointment. Here's who you can contact, any time of day or night.

If someone's life is at risk: call 999

Call 999 or go to your nearest A&E. The nearest is Southend University Hospital, Prittlewell Chase, Westcliff-on-Sea, SS0 0RY.

Urgent support, any time

NHS 111, mental health option

111

Call 111 and choose the mental health option. Free, 24 hours a day, for adults in Essex. You can call for yourself or for someone else.

Samaritans

116 123

Call free on 116 123, any time, day or night. Or email jo@samaritans.org.

Shout

Text 85258

Text SHOUT to 85258 for free, confidential text support, 24 hours a day. If you're under 19, text YM to 85258.

CALM

0800 58 58 58

Call 0800 58 58 58, 5pm to midnight, every day. Free and confidential, for anyone who's struggling.

Local support in Southend and south Essex

NHS Talking Therapies: Therapy For You

01268 739 128

Free NHS talking therapy for adults in Southend, Castle Point and Rochford. You can refer yourself.

therapyforyou.co.uk

South East and Central Essex Mind

01702 601123

Counselling, support and advice in Southend and the surrounding area. Monday to Friday, 9am to 5pm.

secemind.org.uk

STARS (drug and alcohol support, Southend)

01702 431889

Free support for adults in Southend with drug or alcohol use, and for people affected by someone else's use.

forwardtrust.org.uk

Open Road (drug and alcohol support, Essex)

0844 499 1323

Free support for adults across Essex, including Castle Point and Rochford.

openroad.org.uk

Your GP

Ask for an urgent appointment, or ask your surgery about local support.

If you're worried about someone else

If you're worried about someone else, you can call 111 or Samaritans on their behalf. If they're in immediate danger, call 999.

Details checked October 2026. Services sometimes change their numbers or hours, so please check before you call. I'm not a crisis service, and I can't always reply straight away. If you need help urgently, please use one of the services below.