

In A Crisis

L11

If you feel: Afraid for the person you care for
 Afraid for yourself
 Helpless or despairing
 That you cannot keep on caring
 That you do not know what to do

Don't be afraid to contact someone and ask for help, even if you are not sure that it's the right person. If they cannot help, they should be able to tell you who can.

Before you call:

- Take a few deep breaths
- Stay as calm as possible
- Stay safe
- Decide who might be the best person to contact

When you call:

- Say who you are and what is wrong
- Say what is needed
- Trust what they say to you
- Say if there is any reason why you cannot do what they say

If you feel in real danger, dial 999 and ask for the Police

Record your personal numbers here:	Name	Telephone Number
GP (doctor)		
Care Co-ordinator		
Consultant		
Hospital Ward/Out of Hours number		

Here are some more numbers which may help.

Leicestershire Partnership NHS Trust Mental Health Crisisline	0808 8003302
Leicestershire Learning Disability Crisisline	
During office hours	0116 295 3231
Out of office hours	0116 225 6000

NHS 111	111
Social Care	
Leicester City Council (in office hours)	0116 454 1004
Leicestershire County Council (in office hours)	0116 305 0004
Rutland County Council (in office hours)	01572 758341
Social Care Emergency (out of hours) Team	0116 255 1606
Leicestershire Police (non emergency police advice)	101
Samaritans – listening service offering emotional support	0845 790 90 90
Childline – for children and young people with any problem	0800 11 11