

Support Services

The Crisis Line on 0800 028 8000 - this is the Trust's out-of-hours crisis and home treatment service.

- **visit your local GP;**
- **ring NHS helpline: 111 (24 hours) telephone support and advice;**
- **or go to your local Accident & Emergency department.**

In an emergency where you feel the individual may be a danger to themselves or another person, telephone the local police station for assistance.

Samaritans 116 123 (24 hours)
Provides 24-hour confidential emotional support.

You can contact the Samaritans Free Phone Helpline 116 123.

Shout text Shout to 85258

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Rethink National Advice Service 020 8974 6814

Monday, Wednesday, Friday: 10am-3pm;
Tuesday and Thursday: 10am-1pm Rethink offers some useful advice on how to get help for both users and carer's.

St George's Kidney Patients Association <https://www.sgkpa.org.uk/>

As renal patients the site is created to help you if you are:

- a patient diagnosed with Acute Kidney Injury (AKI) or Chronic Kidney Disease (CKD).
- a friend, relative or carer of a patient
- a person considering kidney donation
- a person considering or wanting to make a charitable donation to the St George's Kidney