

Where can I get help and support when the Unique team is not available?

At Unique, we strive to do as much as we can to help, as quickly as we can. However, Unique is not a crisis service and we might not be available in an emergency. Here are links to other sources of support in the UK if we are not immediately available.

IF THERE IS AN IMMEDIATE RISK OF HARM TO YOU OR SOMEONE ELSE:

This is an emergency:

In the UK, **CALL 999 OR 112** to get immediate support, 24 hours a day, 365 days a year.

IF THERE IS A CRISIS – NO IMMEDIATE RISK OF HARM BUT STILL AN URGENT NEED FOR SUPPORT

For health advice and support:

CALL 111

For Covid-19 specific advice and support:

CALL 119

FOR EMOTIONAL SUPPORT:

CALL The Samaritans on 116 123 (any time, night or day, throughout the year)

EMAIL The Samaritans: jo@samaritans.org (24hr response time)

More information about The Samaritans here:

<https://www.samaritans.org/how-we-can-help/>

Text SHOUT to 85258 for immediate support, 24/7. Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.:

<https://giveusashout.org/get-help/>

MIND have a list of other crisis services here:

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/>

You may also find **Unique's** practical support guides helpful, in particular, our Carers Wellbeing and Self-Isolation guides:

<https://www.rarechromo.org/practical-guides-for-families/>