**What to do if you are worried about someone's Mental Health.**

**If someone has advised you that they are feeling suicidal or are displaying worrying signs of mental distress, the following will support you to obtain support from professionals in mental health services.**

1. If they express concerns but can keep themselves safe, support them to make an emergency appointment with the GP. It is always good to contact the Specialized Triage, Assessment and Referral team (START) if you have consent from the person as they will be able to offer support.

The START team accept referrals Mon-Fri 9-4.30pm the contact details are:

Chorley & South Ribble- 01772 676173

Preston-01772 647024

West Lancs-01695 684161

Fylde Coast-01253 951640

Blackburn-01254 226074

Hyndburn, Rossendale & Ribble Valley- 01254 226006

Pendle & Burnley-01282 628455

Lancaster & Morecambe-01524 550198

* You can also call the Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

1. If they are not safe by themselves, if possible stay with them and call the Local Home Team who will be able to provide you with advice and appropriate action to take.

The Home treatment teams numbers are:

Chorley and South Ribble- 01772 773525

Preston- 01772 773433

West Lancs- 01695 684356

Fylde Coast-01253 956280

Blackburn-01254 226074

Hyndburn, Rossendale& Ribble Valley- 01254 612640

Pendle & Burnley- 01282 657222

Lancaster & Morecambe-01524 550198

1. If the person is in a crisis and in need of medical attention.

* You should call 999 and ask for an ambulance to take them to A&E

1. If the person is a presenting as a danger to themselves or members of the public

* You should contact the Police on 999.

If the person is so unwell and an assessment under the Mental Health Act (1983) is required, this will be determined by the professional that is involved and will support the process and a referral to the Local AMHP Service,

If you are satisfied that a Mental Health Act assessment is necessary, telephone 0300 123 6721, a Customer Service Adviser will take the referral details and arrange for an AMHP to call you back.

he AMHP Service will always be willing to discuss a case, identify the options available or point you in the right direction.