

National Helplines

- **Alheimers Helpline:**
0845 300 0336
- **Alcoholics Anonymous:** 08457697555
- **Benefits Enquiry Line:** 0800 88 22 00
- **Care Direct:** 0800 444 000
- **Carers UK Helpline:** 0808 8087777
- **Depression Alliance:** 0845 123 2320
- **Drink Line:** 0800 917 82 82
- **MDF The Bipolar Organisation:**
08456 340 540
- **MIND:** 0845 766 0163
- **Drugs:** 0800 776600
- **NHS Direct:** 0845 4647
- **Rethink:** 0845 456 0455
- **SANE:** 0845 767 8000
- **Samaritans:** 08457 90 90 90
- **WAND:** 0808 800 0312

Personal Details

Name:.....

Address (*optional*):

.....

Tel:

Who to notify in an emergency:

Name:.....

Tel:

GP:

GP's Tel:

Current Medication:

.....

.....

.....

I am allergic/hypersensitive to the following medicines:

.....

Torbay Mental Health Emergency Information Card

Contents

- In Torbay with a Mental Health Emergency?
- Help and Emergency Numbers
- National Helplines
- Personal Details

Supplied by the Information Officer
for Mental Health (Torbay)

In Torbay with a Mental Health Emergency?

- If you are able, contact your GP or Care Co-ordinator / Keyworker. (Mon-Fri 9 am to 5 pm).
- **Outside of these hours telephone the Emergency Duty Team:**
Tel: (01803) 524519 (Torbay) or 0845 6000388 (Devon)
Speak to the Duty Social Work Team
Or
Contact Casualty at Torbay Hospital:
Tel: (01803) 614567
And ask for the Duty Psychiatrist.

Updated 08/01/08

Help and Emergency Numbers

- **Brixham Bungalow:**
(01803) 854657
- **MDF The Bipolar Organisation:**
(01803) 292295
- **Carers Register Emergency Response:** (01803) 522228
- **C.A.B:** (01803) 521726
- **Culverhay:** (01803) 526808
- **Disability Information Service:**
(01803) 552175
- **Domestic Violence Unit:**
08452 777444
- **Langley House Trust:** (01803) 212234

- **Help and Emergency Numbers cont/**
- **Housing Needs Services:** (01803) 208723
- **Mental Health Information Officer:**
(01803) 552175
- **Police:** 999
- **Rape Crisis Line:** (01752) 223584
- **Samaritans:** 08457 90 90 90
or (01803) 299999
- **Shelter Line:** 0808 800 4444
- **Social Services:** (01803) 219700
- **Devon Mental Health Advocacy Service Torbay:** (01803) 380515
- **Victim Support:** 0845 6761020
- **Waverley House:** (01803)214597
- **Women's Safe House** (01803) 524594