

Do you need health or social care support?

Hampshire and Isle of Wight



**Information for individuals
in the criminal justice system**

Mental health crisis management

If you feel you're at risk of harming yourself or others, please call 999 straight away.

Out-of-hours GP

111.nhs.uk

111

Sane Line

sane.org.uk

0300 304 7000 (4.30pm-10.30pm)

Samaritans

samaritans.org

116 123 (24/7)

Shout

giveusashout.org

Text **SHOUT** to **85258** (24/7)

Campaign Against Living Miserably

thecalmzone.net

0800 58 58 58 (5pm-midnight)

Papyrus (for under-35s)

papyrus-uk.org

Call **0800 068 4141** or text

88247 (9am-12am)

Mind

mind.org.uk

0300 102 1234 (9am-6pm, Mon to Fri (excl. bank holidays))

NHS Talking Therapies

A friendly service for people aged 17+ with low mood, anxiety, or stress. You can self-refer to the service in the area where you are registered with a GP.

- Rushmoor, Hart, and Farnham: talkplus.org.uk
- Southampton: steps2wellbeing.co.uk
- Portsmouth: talkingtherapiesportsmouth.nhs.uk
- Isle of Wight: hiowhealthcare.nhs.uk
- All other areas in Hampshire: italk.org.uk

If you live outside this area, or aren't sure which service is your local provider, visit the NHS website:

www.nhs.uk/mental-health

Drugs and alcohol

NHS Inclusion Recovery
Hampshire
inclusionhants.org
0300 124 0103

Catch22
catch-22.org.uk
020 7336 4800

Change Grow Live
changegrowlive.org
023 80 71 71 71

Portsmouth Recovery
Service
portsmouthrecovery.org
023 9229 4573

Bereavement

Cruse
cruse.org.uk
0808 808 1677

Bereavement Care
bereavementcare.uk
0808 169 1922

Support for carers

Age UK
ageuk.org.uk

Carers UK
carersuk.org

For young people

No Limits
nolimitshelp.org.uk

Step by Step
stepbystep.org.uk

RESET
ssj.org.uk/reset

Housing and homelessness

Contact your local council if you are homeless or about to lose your home:

gov.uk/homelessness-help-from-council

The following organisations may also be able to help if you are in their area:

Camrose Centre (Basingstoke)
01256 320 877

Julian House (Basingstoke)
01256 322 791

The Society of St James
Southampton: 023 8063 4596
Portsmouth: 023 9288 2689

About the Liaison and Diversion Service

We are an NHS service, independent of the police/courts.

The Liaison and Diversion Service helps people going through the criminal justice system who need extra support due to mental health, disability, or other vulnerabilities.

We can help when you are arrested, charged, or if you've just left prison or are approaching release. We will help you access the right health and social care support for your needs.

With your consent, we may share your health information with the criminal justice system to help decision makers choose the most appropriate justice option for you.

Contact us



0300 123 5066

If no one is available, please leave a message and we'll call you back.



Hampshire:

LiaisonandDiversionHampshire@berkshire.nhs.uk

Isle of Wight:

LiaisonandDiversionIOW@berkshire.nhs.uk



Find out more about our service by scanning the QR code below or visiting:

www.berkshirehealthcare.nhs.uk/LD



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Berkshire Healthcare
NHS Foundation Trust