

# 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](https://111.nhs.uk)

111

Sane Line

[sane.org.uk](https://sane.org.uk)

0300 304 7000 (4.30pm-10.30pm)

Samaritans

[samaritans.org](https://samaritans.org)

116 123 (24/7)

Shout

[giveusashout.org](https://giveusashout.org)

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

Campaign Against Living Miserably

[thecalmzone.net](https://thecalmzone.net)

0800 58 58 58 (5pm-midnight)

Papyrus (for under-35s)

[papyrus-uk.org](https://papyrus-uk.org)

Call **0800 068 4141** or text

**88247** (9am-12am)

Mind

[mind.org.uk](https://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](https://talkplus.org.uk)
- Southampton: [steps2wellbeing.co.uk](https://steps2wellbeing.co.uk)
- Portsmouth: [talkingtherapiesportsmouth.nhs.uk](https://talkingtherapiesportsmouth.nhs.uk)
- Isle of Wight: [hiowhealthcare.nhs.uk](https://hiowhealthcare.nhs.uk)
- All other areas in Hampshire: [italk.org.uk](https://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](https://www.nhs.uk/mental-health)

## Drugs and alcohol

NHS Inclusion Recovery  
Hampshire  
[inclusionhants.org](http://inclusionhants.org)  
0300 124 0103

Catch22  
[catch-22.org.uk](http://catch-22.org.uk)  
020 7336 4800

Change Grow Live  
[changegrowlive.org](http://changegrowlive.org)  
023 80 71 71 71

Portsmouth Recovery  
Service  
[portsmouthrecovery.org](http://portsmouthrecovery.org)  
023 9229 4573

## Bereavement

Cruse  
[cruse.org.uk](http://cruse.org.uk)  
0808 808 1677

Bereavement Care  
[bereavementcare.uk](http://bereavementcare.uk)  
0808 169 1922

## Support for carers

Age UK  
[ageuk.org.uk](http://ageuk.org.uk)

Carers UK  
[carersuk.org](http://carersuk.org)

## For young people

No Limits  
[nolimitshelp.org.uk](http://nolimitshelp.org.uk)

Step by Step  
[stepbystep.org.uk](http://stepbystep.org.uk)

RESET  
[ssj.org.uk/reset](http://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](http://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](mailto:LiaisonandDiversionHampshire@berkshire.nhs.uk)**



To find out more about our service and to access an interactive copy of this leaflet, scan the QR code below or visit:

**[www.berkshirehealthcare.nhs.uk/LD](http://www.berkshirehealthcare.nhs.uk/LD)**



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