

GIBRALTAR MENTAL WELLBEING

CONTACTS

Approved Mental Health Professionals

@the Primary Care Centre, 8am to 5pm

- for advice and guidance.

Tel: 200 07831

GHA Mental Health On-Call Team

-for any emergencies after 8pm weekdays or at any time on weekends and public holidays.

Ocean Views Hospital (on call manager)

Tel: 200 78807

A&E Mental Health Liaison Tel: 200 72266

GibSams

Charity Freephone helpline 6pm till midnight every day (inc. weekends and public holidays).

Tel: 116123

Email: info@gibsams.gi

Childline

Young people, or adults that have concerns about them, can call freephone daily from 5pm to 9pm.

Tel: 8008

WhatsApp: 58008288

Livechat via www.childline.gi

Remember, help is available