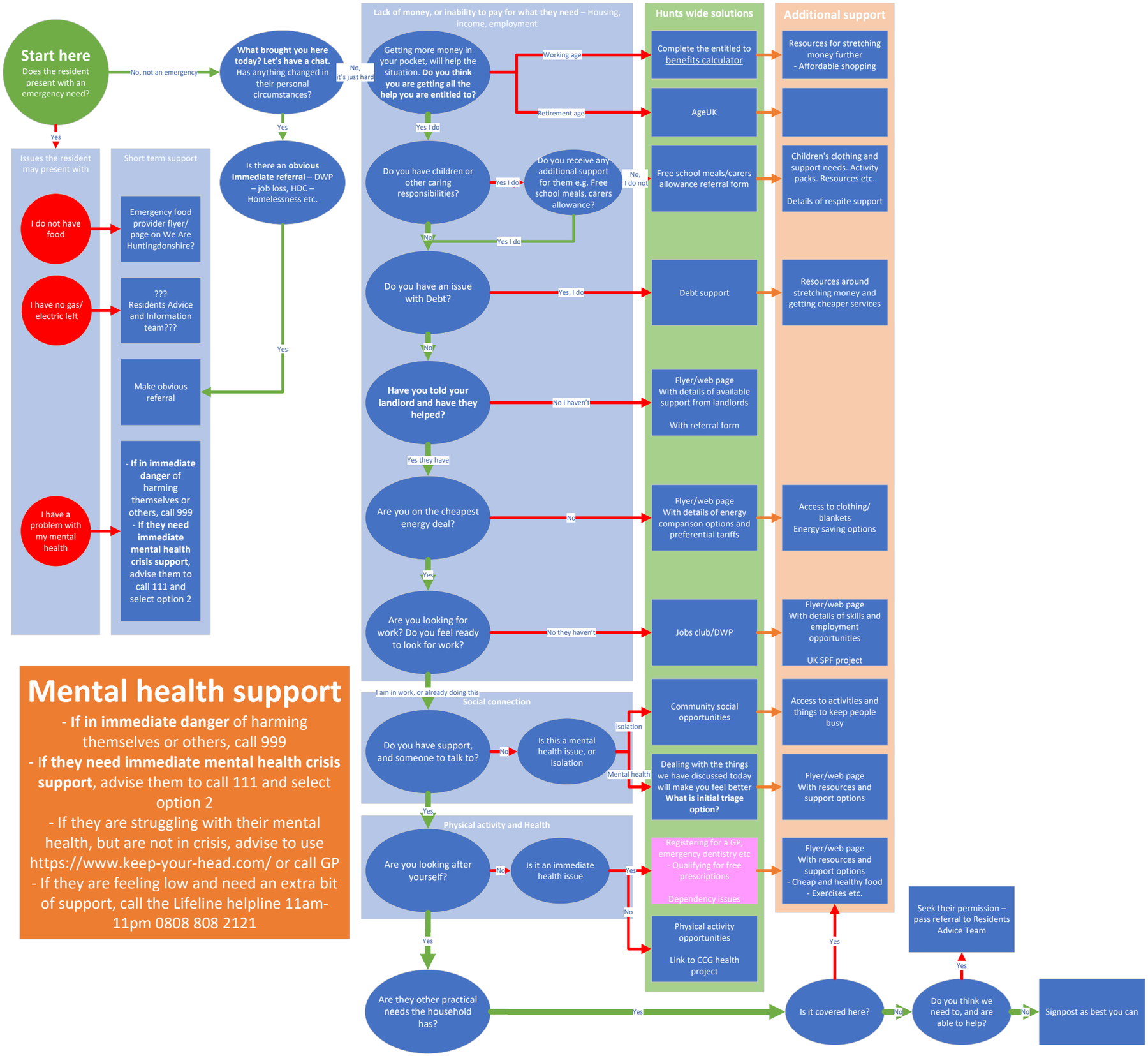
Warm Spaces Proposed decision tree for support



Mental health support

- **If in immediate danger** of harming themselves or others, call 999
- I**f they need immediate mental health crisis support**, advise them to call 111 and select option 2
- If they are struggling with their mental health, but are not in crisis, advise to use https://www.keep-your-head.com/ or call GP
- If they are feeling low and need an extra bit of support, call the Lifeline helpline 11am-11pm 0808 808 2121