**Emergency Services and Urgent Care Information**

At RedArc we do not provide urgent care and our services should only be used for information, support, and guidance.

See below for useful contact information if you are in need of urgent care or are in a life-threatening situation:

**Call 999 or visit Accident & Emergency**

Call the Emergency Services on 999 if you are hurt or know someone who is hurt. Alternatively, if you feel that your life is at risk you can go directly to A&E to speak with a health professional.

**Call NHS 111**

111 is a free number to call when you have an urgent healthcare need that isn't a life-threatening situation.

**Contact your GP**

You can also contact your GP for an emergency appointment. In a crisis, you should be offered an appointment with the first available doctor.

**Contact Samaritans 116 123**

Providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. You can call them free on 116 123 - 24 hours a day or visit [samaritans.org](https://samaritans.org/)