

# URGENT MENTAL HEALTH SUPPORT 24/7

## Worried about your mental health?

Young people and their parents can get urgent support and advice from trained NHS mental health advisors, any time, day or night.

Every mental health trust in London has put in place a telephone line for people in urgent need - including children, young people and their parents. The lines are free to call and open 365 days a year.

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	<b>0800 023 4650</b>
	Ealing, Hounslow and Hammersmith & Fulham	<b>0800 328 4444</b>
North Central London	Barnet, Camden, Enfield, Haringey and Islington	<b>0800 151 0023</b>
North East London	City & Hackney	<b>0800 073 0006</b>
	Newham	<b>0800 073 0066</b>
	Tower Hamlets	<b>0800 073 0003</b>
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	<b>0800 995 1000</b>
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	<b>0800 028 8000</b>
South East London	Croydon, Lambeth, Lewisham and Southwark	<b>0800 731 2864</b>
	Bexley, Bromley and Greenwich	<b>0800 330 8590</b>

**shout**  
85258

**Shout** offers confidential 24/7 crisis text support for times when you need immediate assistance.  
**Text "SHOUT" to 85258**  
**Web: [www.giveusashout.org](http://www.giveusashout.org)**

**SAMARITANS**

**Samaritans** 24/7 365 days a year - they'll help you and listen to how you are feeling.  
**Call: 116 123**  
**Email: [jo@samaritans.org](mailto:jo@samaritans.org)**  
**Web: [www.samaritans.org](http://www.samaritans.org)**

**Crisis**  
**Tools**

**Crisis Tools** helps you support young people in crisis. Short accessible video guides and text resources are available for free.  
**Web: [www.crisistools.org.uk/resources](http://www.crisistools.org.uk/resources)**

**PAPYRUS**  
NATIONAL SUICIDE HELPLINE

**Papyrus** provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.  
**Call: 0800 068 3131 or text: 07860 039967 (9am - midnight, 365 days a year).**  
**Web: [www.papyrus-uk.org](http://www.papyrus-uk.org)**

**childline**

**Childline** provides a confidential telephone counselling service for any child with a problem.  
**Call: 0800 1111**  
**Online chat with a counsellor: <https://bit.ly/3HfYkwd>**  
**Web: [www.childline.org.uk/](http://www.childline.org.uk/)**

# URGENT AND OTHER SUPPORT AVAILABLE

**Good Thinking**

**Good Thinking** is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing, including free NHS-approved apps.  
**Web: [www.good-thinking.uk](http://www.good-thinking.uk)**

**THE MIX**

**The Mix** provides free, confidential support for young people under 25.  
**Call: 0808 808 4994 (3pm - midnight every day)**  
**Email: <https://bit.ly/3Ce6Vf4>**  
**Web: [www.themix.org.uk](http://www.themix.org.uk)**

**Beat**  
Eating disorders

**Beat** provides support to help young people who may be struggling with an eating problem or an eating disorder.  
**Call: 0808 801 0677 (for help in England) (9am - midnight during the week and 4pm - midnight on weekends and bank holidays).**  
**Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)**  
**Web: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)**

**kooth**

**Kooth** is a free, safe and anonymous online mental wellbeing, community, including live chat with the team, discussion boards, a magazine with helpful articles, and a daily journal.  
**Web: [www.kooth.com](http://www.kooth.com)**