# Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place **a 24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

https://www.nhs.uk/service-search/mentalhealth/find-an-urgent-mental-health-helpline



South East London		South West London	North East London			North Central London	North West London		Area	
Bexley, Bromley and Greenwich	Croydon, Lambeth, Lewisham and Southwark	Kingston, Merton, Richmond, Sutton and Wandsworth	Barking & Dagenham, Havering, Redbridge and Waltham Forest	Tower Hamlets	Newham	City & Hackney	Barnet, Camden, Enfield, Haringey and Islington	Ealing, Hounslow and Hammersmith & Fulham	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	Boroughs covered
0800 330 8590	0800 731 2864	0800 028 8000	0300 555 1000	0800 073 0003	0800 073 0066	0800 073 0006	0800 151 0023	0800 328 4444	0800 0234 650	24/7 crisis line number

#### shout 85258

assistance is required text support for times when immediate Shout offers confidential 24/7 crisis

**Shout Crisis Text Line** Text "SHOUT" to 85258 or visit

## SAMARITANS

days a year - they are provide support here to listen and Samaritans 24/7 365

Call: 116 123 or email: jo@samaritans.org



guides and text resources professionals support **Crisis Tools** helps

#### short accessible video Sign up for free young people in crisis resources here

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### other support Urgent and available

counselling service for any child with a

**Childline** confidential telephone

ONLINE, ON THE PHONE, ANYTIMI

childline

chat with a counsellor

Call: 0800 1111 anytime or online

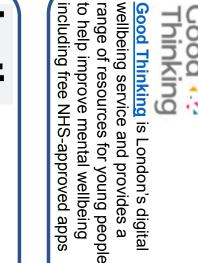


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every day) or **Email** support for young people under 25 Call: 0808 808 4994 (11am - 11pm The Mix provides free, confidential struggling with an eating problem or an eating disorder week and 4pm – 8pm on weekends and bank holidays) Studentline 0808 801 0811 (9am - 8pm during the Call the Youthline (under 18's) 0808 801 0711 or Beat provide support to help young people who may be



and advice to young people struggling worried about a young person with thoughts of suicide, and anyone midnight – 365 days a year) 039967 (opening hours 9am to Call: 0800 068 41 41 or Text: 07860 Papyrus provide confidential support



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discussion boards, magazine with online mental wellbeing community **Kooth** is a free, safe and anonymous magazine including live chat with the team, nelpful articles and a daily journal a