



Making Life
Better Together

NHS

South West London and
St George's Mental Health
NHS Trust



Mental health support in South West London

Where to find help for yourself
or someone else

If you are currently a patient with one of our services:

Between 9am and 5pm Monday-Friday, contact the team providing your care using the details they have provided and follow any arrangements they have made with you for accessing support.

Outside these times, call **NHS 111** and select the **mental health** option. You can call for yourself or someone else. The phoneline is open 24/7 to people of all ages.

If you are not currently a patient with us:

Non-urgent: I need mental health support

Your GP - Contact your GP for mental health advice and guidance, including making a referral.



NHS Talking Therapies - Self-refer to NHS Talking Therapies for anxiety and depression.



NHS Every Mind Matters - Find tips, guides, tools and activities to support and improve your mental health.



NHS website - Find information and support for your mental health.

Urgent: I am in mental health crisis and need support now

Crisis Line - Call **NHS 111** and select the **mental health** option. You can call for yourself or someone else. The phoneline is open 24/7 to people of all ages.

Crisis Text Service - You can get mental health crisis support through WhatsApp. To start a conversation, message **0303 330 1511** on WhatsApp.

CAMHS Crisis Line - If you're a child, young person, or a parent/carer worried about a young person's mental health, call **0203 228 5980**. The line is open every day from 9am to 11pm.



Recovery Cafés - If you're 18 or over, visit a Recovery Café where you can get help with mental health issues.



Crisis tools - Find practical tools to help yourself cope in a crisis on the Mind website.

Life-threatening emergency

Call 999 or attend A&E if someone's life is at risk during a mental health crisis – for example, risk of a medical emergency, serious injury or overdose, or if you have concerns about your physical health that require immediate medical attention.



For more information about these services and other support options, scan the QR code or visit **www.swlstg.nhs.uk/urgent-help**