

Where can I go for mental health support in Kingston, Richmond, Merton, Wandsworth and Sutton?

If you or someone you know needs help with their mental health, see the information below. Trusted professionals are available 24 hours a day, every day, to provide confidential advice on the support available.

Non-urgent – I need mental health support

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

Talking Therapies - Self-refer to Talking Therapies for anxiety and depression - www.swlstg.nhs.uk/talking-therapies

NHS Every Mind Matters - Find tips, guides, tools and activities to support and improve your mental health - www.nhs.uk/every-mind-matters

NHS website - Find information and support for your mental health - www.nhs.uk/mental-health



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

Scan me



Urgent – I need urgent mental health support now

Your care team - Contact the team providing your care if you are a patient with South West London and St George's Mental Health NHS Trust.

24/7 Mental Health Crisis Line - Call **0800 028 8000** or **111** and select the mental health option. You can call for yourself or someone else.

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 - Visit a Recovery Café who can help adults (18 years+) with mental health issues - **www.swlstg.nhs.uk/mh-support**

Crisis tools - Find practical tools to help yourself cope in a crisis on the Mind website - **www.mind.org.uk/need-urgent-help**

Emergency

Call 999 or go to A&E if someone's life is at risk - for example they have seriously injured themselves or taken an overdose, or you do not feel you can keep yourself or someone else safe.

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

Scan me 



Where can people aged 11-22 years get mental health support?

If you are 11-22 years old and are feeling anxious or low, you can speak to someone online for support 24/7. Kooth is a free online support service which covers all of south west London.

Find out more at **www.kooth.com**