



South West London

Help with your mental health

Where to go in Kingston, Richmond,
Merton, Wandsworth and Sutton



Easy
Read

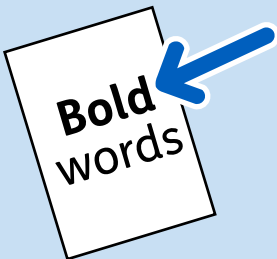
Easy Read



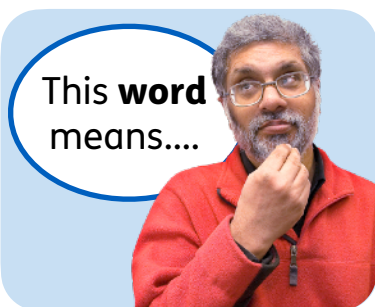
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

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About this booklet



This booklet is from NHS South West London.



It is about where you can get help with your **mental health** in Kingston, Richmond, Merton, Wandsworth and Sutton.



Mental health is the way you think, feel and behave.

Having good mental health means being able to deal with your emotions.



There are mental health services that can support you at any time and every day.

Non-urgent help



Urgent means something is very important and needs to happen right away.



So, **non-urgent help** means that you need some help with your mental health, but it does not need to happen right away.

You can get help from:



- Your GP surgery.



- **NHS therapy** services- this is when you talk to a professional about your feelings and they help you to deal with your problems.

You can find therapy services here:
www.swlstg.nhs.uk/talking-therapies

You can also get help from:



- NHS Every Mind Matters - this online service can give you advice about improving your mental health.

The website is www.nhs.uk/every-mind-matters



- The NHS website - this website has information about helping your mental health.

The website is www.nhs.uk/mental-health

Urgent help



Urgent help means you need help with your mental health right away. This is often called having a **mental health crisis**.

You can get urgent help by:



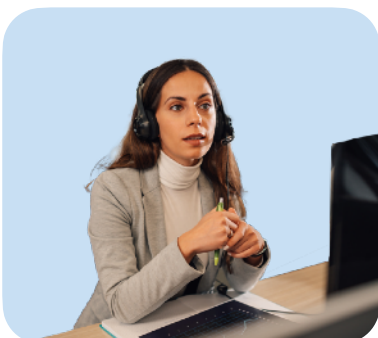
- Contacting your healthcare team.

This is if you are a patient with South West London and St George's Mental Health NHS Trust.



- Calling 111 and then pressing 2.

You will then get advice and support from an NHS mental health professional right away.



- Calling 0800 731 2864 and then pressing 1.

You will then get advice and support from the Mental Health Crisis Line service.

You can also get urgent help by:



- Calling 0203 228 5980 if you are a child, young person or parent.

You will then get advice and support from the CAMHS Crisis Line service.



- Visiting a Recovery Cafe - you can visit a Recovery Cafe to get help with your mental health.

You can find a local Recovery Cafe here: www.swlstg.nhs.uk/mh-support



For information about how to help yourself during a mental health crisis, you can go to:

www.mind.org.uk/need-urgent-help

Emergency



An **emergency** means somebody's life is in danger.

If you or someone else's life is in danger, you should either:



- Call 999.

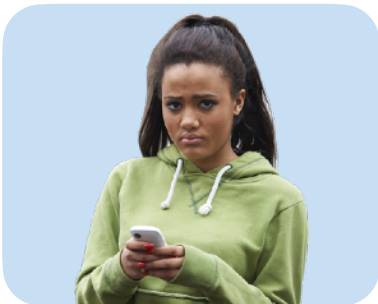


- Go to your local hospital's accident and emergency (A&E).

Help for children and young people



If you are between 11 and 22 years old and you are feeling sad or anxious, you can get help.



Kooth is a free online service where you can talk to someone about how you are feeling.



Find out more about Kooth here:
www.kooth.com

Find out more



For more information about any of the services in this booklet, you can go to:

www.swlstg.nhs.uk/mh-support



You can also find other support services on this website.

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