



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 **press 2 for mental health**, or call our **24/7 Mental Health Crisis Line** on **0800 028 8000**. You can call for yourself or someone else.

## 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 Lines** - Call **NHS 111** and **press 2** for mental health, or call our **24/7 Mental Health Crisis Line** on **0800 028 8000**. 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** - 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](http://www.swlstg.nhs.uk/urgent-help)