

Where to get help when having a mental health crisis

- In an Emergency Call 999 or visit your nearest Accident & Emergency
- Call NHS Direct on 111 or your local GP surgery

Local NHS Mental Health Crisis Teams Islington and Camden

Telephone: 020 3317 6333 or 020 3317 6777

Available: 24 hour 7 days a week.

Website: <https://www.candi.nhs.uk/service-users-and-carers/crisis-care>

City and Hackney Centre for Mental Health

Telephone: 020 84328020

Available 24 hours 7 days a week.

Website: <https://www.elft.nhs.uk/service/325/City-and-Hackney-Crisis-Pathway-Services>

Haringey, Barnet and Enfield

Crisis Resolution and Home Treatment (CRHT) service

Telephone: Haringey 020 8702 6700, Enfield 020 8702 3800,
Barnet 020 8702 4040.

Available: 24 hours 7 days a week

Website: <http://www.beh-mht.nhs.uk/patients-and-carers/support-in-a-crisis.htm>

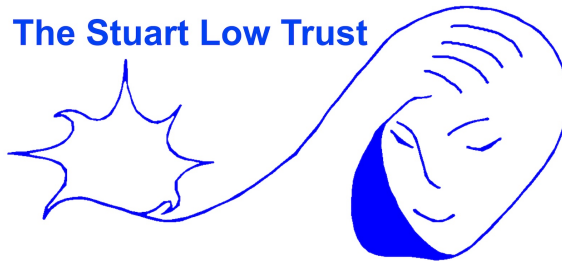
Newham Mental Health Crisis Line/Crisis Support

Telephone: 020 7771 5888

Available: 24 hours 7 days a week

Website: <https://www.elft.nhs.uk/service/448/Newham-Mental-Health-Crisis-Helpline>

The Stuart Low Trust



Bringing people together for better health and wellbeing

HELPLINES

Campaign Against Living Miserably (C.A.L.M.)

Telephone: 0800 58 58 58 (nationwide), 0808 802 58 58 (London)

Email: via online form

Phoneline 5:00pm-3:00am, 365 days of year

Website: www.thecalmzone.net

CLASP (Counselling Life Advice Suicide Prevention) Charity

Telephone: 020 3600 3601 Email:

hello@claspcharity.com

Website: www.claspcharity.com

HopeLine UK

Telephone: 0800 068 41 41 or text: 07786 209 697

Email: pat@papyrus-uk.org

Opening times: Mon-Fri 10:00am to 10:00pm; Weekends 2:00pm to 10:00pm; Bank Holidays 2:00pm to 10:00pm

Website: www.papyrus-uk.org

Samaritans

Telephone: 116 123

Email: jo@samaritans.org (if in crisis)

Opening times: 24 hours a day, 365 days a year.

Website: <https://www.samaritans.org/>