

CALL



## URGENT MENTAL HEALTH SUPPORT 24/7


**Worried about your mental health?**

Young people and their parents can get urgent support and advice from trained NHS mental health advisors, any time, day or night.

Every mental health trust in London has put in place a telephone line for people in urgent need - including children, young people and their parents. The lines are free to call and open 365 days a year.

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	<b>0800 023 4650</b>
	Ealing, Hounslow and Hammersmith & Fulham	<b>0800 328 4444</b>
North Central London	Barnet, Camden, Enfield, Haringey and Islington	<b>0800 151 0023</b>
North East London	City & Hackney	<b>0800 073 0006</b>
	Newham	<b>0800 073 0066</b>
	Tower Hamlets	<b>0800 073 0003</b>
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	<b>0800 995 1000</b>
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	<b>0800 028 8000</b>
South East London	Croydon, Lambeth, Lewisham and Southwark	<b>0800 731 2864</b>
	Bexley, Bromley and Greenwich	<b>0800 330 8590</b>

**Our team is still here to provide mental wellbeing support over the holiday period.**



**Chat Availability Dates and Times**

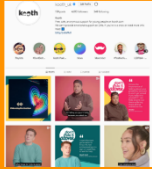
<b>Thursday 23/12/21</b> 12pm - 10:00pm	<b>Monday 27/12/21</b> 4pm - 8:00pm	<b>Friday 31/12/21</b> 12pm - 6:00pm
<b>Friday 24/12/21</b> 12pm - 8:00pm	<b>Tuesday 28/12/21</b> 4pm - 8:00pm	<b>Saturday 1/01/22</b> 4pm - 8:00pm
<b>Saturday 25/12/21</b> 4pm - 8:00pm	<b>Wednesday 29/12/21</b> 12pm - 10:00pm	<b>Sunday 2/01/22</b> 6pm - 10:00pm
<b>Sunday 26/12/21</b> 6pm - 10:00pm	<b>Thursday 30/12/21</b> 12pm - 10:00pm	<b>Monday 3/01/22</b> 4pm - 8:00pm

CHAT

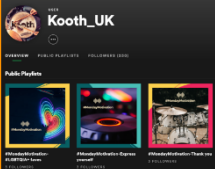
Find support today by visiting [kooth.com](https://www.kooth.com)

**LOOK  
LISTEN  
LIKE**

**Kooth beyond  
Kooth.com**



Instagram:  
@kooth\_UK



Spotify Playlists:  
Kooth\_UK



"Kooth Podcasts" on  
Spotify & Apple