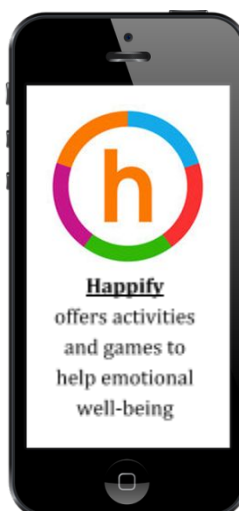
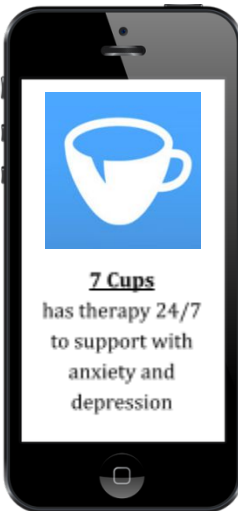
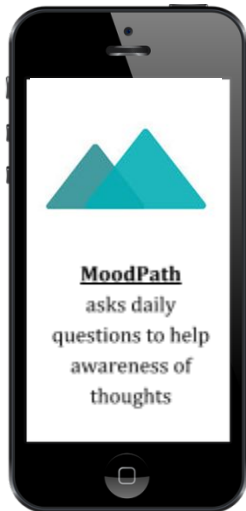
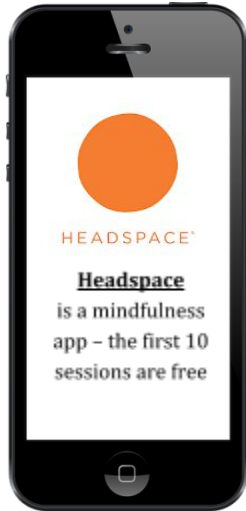




What free mobile apps can I use to support myself?



What should I do if I feel unsafe or if there is an emergency?

Contact your CAMHS

If you are currently under a CAMHS team, please call them in the first instance. You can also call the single point of access if you are not currently under CAMHS who can help with advice and referral processes.

- Sutton SPA /CAMHS : 020 3513 3800
- Merton SPA – 0800 292 2505
- Merton CAMHS– 0208 254 8061
- Wandsworth SPA – 0203 513 6631
- Wandsworth CAMHS: 020 3513 4644
- Kingston and Richmond R SPA: 020 8 547 6171
- Richmond CAMHS - 020 3513 3238
- Kingston CAMHS - 020 3513 5183



Book an emergency GP appointment

If you need urgent mental health support, but feel like you can keep yourself safe for a little while, you should book an emergency GP appointment – contact your GP surgery directly to book.

They can:

- look at your previous medical notes
- prescribe or adjust your medication to help you manage symptoms
- make referrals for support from other services (e.g. local mental health teams or potential hospital admissions)

Should I go to A&E?

Call 111 if you need urgent advice and 999 if you need an ambulance

If you are experiencing a mental health emergency, it is important to take it as seriously as a physical health emergency. However due to Covid-19 we are trying our best to protect young people and prevent them from going to A&E due to risk of infection.

Calling 111 for advice, utilising crisis lines, SPA and CAMHS is advised first and they can direct you on what to do next, however if the risk appears unmanageable do call 999 or attend A&E.

You should go to A&E if yourself or if someone you are supporting is having immediate thoughts of suicide and is making plans to act on them, and/or a significant injury has occurred (e.g. overdose of medication).

They can:

- keep you safe in the short term
- give an assessment of your mental health needs
- prescribe or adjust your medication to help you manage symptoms
- support you with an admission to hospital



SWLSTG Mental Health Support Line

We have a CAMHS out of hours mental health support line available

17:00-23:00 Monday-Friday & Saturday – Sunday 09:00-23:00

0203 228 5980

There is also a 24 hour mental health support line –

08000 288000

The Mental Health Support Lines offers emotional support and advice to young people who are affected by urgent mental health issues, at any time of the day or night. It is open to all young people who have a GP within the South London area.

Parents and carer can also contact the support lines for advice and guidance.

If you are already known to CAMHS the professionals you are speaking with should be able to access your notes so they can get a better understanding of your current treatment plan and the support you are receiving in the community.

Staff at the mental health support line are able to update your community team/ CAMHS Emergency care so this can be followed up/actioned appropriately.



What national telephone/online support can I access?

If you are struggling with your feelings and want to talk to someone but are not ready or able to access emergency support, there are plenty of telephone and online services. They are free to use, and have confidentiality policies.

ChildLine

Call **0800 1111** to speak to a counsellor, or visit www.childline.org.uk for an online 1-2-1 chat with a counsellor or to post on their message boards.

Samaritans

Call **116 123** to be listened to 24 hours a day, email them using jo@samaritans.org or visit www.samaritans.org for more information.

YoungMinds

Text YM to **85258** to access their Crisis Messenger, which is available 24/7

HOPELineUK

A confidential support service for young people having thoughts of suicide. Call them on **0800 068 4141**, text them on **07786 209 697**, or email pat@papyrus-uk.org. Find more information at www.papyrus-uk.org

Family Lives

Call **0808 800 2222** for information and advice on any aspect of parenting and family life, including bullying.

Mermaids

Call **0344 334 0550** for emotional support for transgender and gender diverse young people and their families/friends. Visit www.mermaidsuk.org.uk

B-eat

Call **0808 801 0711** or visit www.b-eat.co.uk for help to beat eating disorders.

