

CRISIS TEAMS ACROSS LONDON

Contact	Telephone number	Boroughs covered
West London NHS Trust	0300 1234 244 (24 hour helpline) Link to Website https://www.westlondon.nhs.uk/services/help-in-a-crisis/	Ealing, Hammersmith & Fulham, Hounslow
Central and North West London NHS Trust	0800 0234 650 (Single Point of Access #) Link to Website: https://www.cnwl.nhs.uk/patients-and-carers/help-mental-health-crisis	Brent, City, Enfield, , Harrow, Hillingdon, Kensington & Chelsea, Kingston, Westminster
South West London and St George's Mental Health NHS Trust	0800 028 8000 (Mental Health Support Line) 020 3513 5000 (Clinic #) Link to Website: https://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line	Kingston, Merton, Richmond, Sutton, Wandsworth
Camden and Islington NHS Foundation Trust	020 3317 6333 (24 hours as day) Link to website: https://www.candi.nhs.uk/contact-us/urgent-help	Camden and Islington
South London and Maudsley NHS Trust	0800 731 2864 (24 hour helpline) Link to website: https://www.slam.nhs.uk/patients-and-carers/crisis-support	Croydon, Lambeth, Lewisham, Southwark
East London NHS Trust	Mental Health Crisis/Out of Hours # 01234 315691 (Bedfordshire) 020 8432 8020 (City of London and Hackney) 01582 538631 (Luton) 020 7771 5888 (Newham) 020 7771 5807 (Tower Hamlets) Link to website: https://www.elft.nhs.uk/Contact-Us/Get-Help-in-an-Emergency	Barnet, Bedfordshire, City & Hackney, Luton, Newham, Redbridge, Richmond, Tower Hamlets

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<p>North East London NHS Foundation Trust</p>	<p>0300 555 1000 (24 hours) (Barking & Dagenham, Havering, Redbridge, and Waltham Forest)</p> <p>Link to website https://www.nelft.nhs.uk/services-mental-health-direct</p> <p>01375 896037 Rapid Response Assessment Service (9am-7pm Mon-Fri, 9am-5pm Sat-Sun; refer through Thurrock-Essex)</p>	<p>Barking & Dagenham, Barnet, Basildon, Brentwood, Kent and Medway, Havering, Redbridge, Thurrock, Waltham Forest</p>
<p>Oxleas NHS</p>	<p>0800 330 8590 (24-hour urgent helpline)</p> <p>Link to website: http://oxleas.nhs.uk/advice-and-guidance/how-to-get-help/</p>	<p>Bexley, Bromley, Greenwich</p>
<p>Barnet, Enfield and Haringey Mental Health NHS Trust</p>	<p>020 8702 4040 (Barnet; 24 hour helpline) 020 8702 3800 (Enfield; 24 hour helpline) 020 8702 6700 (Haringey; 24 hour helpline)</p> <p>Link to website: http://www.beh-mht.nhs.uk/patients-and-carers/support-in-a-crisis.htm</p>	<p>Barnet, Enfield, Haringey</p>
<p>Young Minds</p>	<p>Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)</p> <p>Link to Website: https://youngminds.org.uk/contact-us/</p>	
<p>Shout</p>	<p>85258 (text service)</p> <p>Link to website :https://www.giveusashout.org/</p>	
<p>The Samaritans</p>	<p>116 123 (free from any phone) jo@samaritans.org</p>	

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	Link to Website: https://www.samaritans.org/how-we-can-help/contact-samaritan/	
Crisis UK	0300 636 1967	
Hestia	020 7378 3100	