Helplines and crisis contacts

**Centre for Mental Health cannot advise about individual queries or offer any mental health support.**

If you are at all concerned about your health or the health of a friend or relative you can contact your doctor or you may find useful information from one of the sources below.

If you need immediate help:

**In an emergency:**

* Call 999
* Go to your local A&E department

**If you're in crisis and need to speak to someone:**

* Call NHS 111 (for when you need help but are not in immediate danger)
* Contact your GP and ask for an emergency appointment
* Contact the [Samaritans](http://www.samaritans.org/)(details below)
* Use the ['Shout' crisis text line](https://www.giveusashout.org/) - text SHOUT to 85258

**Samaritans**

Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

* [www.samaritans.org](http://www.samaritans.org/)
* **116 123** (free to call from within the UK and Ireland), 24 hours a day
* Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Other sources of advice and support**

Mind

Mind offers advice, support and information to people experiencing a mental health difficulty and their family and friends. Mind also has a [network of local associations in England and Wales](http://www.mind.org.uk/help/mind_in_your_area) to which people can turn for help and assistance.

Lines are open Monday to Friday 9am to 6pm (except bank holidays).

* [www.mind.org.uk](https://www.mind.org.uk/)
* **InfoLine: 0300 123 3393 to call, or text 86463**
* Email [info@mind.org.uk](mailto:info@mind.org.uk)

**Rethink Mental Illness**

Rethink Mental Illness works to help everyone affected by severe mental illness, such as schizophrenia and bipolar disorder, recover a better quality of life. It provides effective services and support and campaigns for change through greater awareness and understanding.

* [www.rethink.org](https://www.rethink.org/)
* **National Advice Service: 0300 5000 927** (Open 10am to 2pm, Monday to Friday)
* Email [advice@rethink.org](mailto:advice@rethink.org)

(Rethink was formerly called the National Schizophrenia Fellowship)

**PAPYRUS UK**

PAPYRUS is the national charity dedicated to the prevention of young suicide. They support young people under 35 who are experiencing thoughts of suicide, as well as people concerned about someone else.

* [www.papyrus-uk.org](https://www.papyrus-uk.org/)
* **Helpline: 0800 068 4141**
* Text: 07786209697
* Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Open 10am-10pm on weekdays and 2pm-10pm on weekends and bank holidays

**YoungMinds**

* [www.youngminds.org.uk](https://www.youngminds.org.uk/)
* **Parents helpline: 0808 802 5544** (Mon-Fri from 9.30am to 4pm)
* YoungMinds Crisis Messenger: text YM to 85258

**Campaign Against Living Miserably (CALM)**

A helpline for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

* [www.thecalmzone.net](https://www.thecalmzone.net/)
* **Helpline for men: 0800 58 58 58**
* Webchat: [www.thecalmzone.net/help/webchat/](https://www.thecalmzone.net/help/webchat/)

5pm to midnight, every day of the year

**Sane**

SANE services provide practical help, emotional support and specialist information to individuals affected by mental health problems, their family, friends and carers.

* Support Forum: [www.sane.org.uk](https://www.sane.org.uk/)
* **Saneline: 0300 304 7000** (local rate on BT landlines) Open 4:30-10:30pm every day

**NHS mental health services**

Find information, advice and local services on the [NHS website](https://www.nhs.uk/). You can also get [advice from the NHS 111 phone service](http://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/NHS-111.aspx).

**Other sources of mental health help and information**

* [List of mental health helplines](https://helplines.org/helplines/?fwp_topics=mental-health) from the Helplines Partnership
* [Mental Health Foundation](https://www.mentalhealth.org.uk/publications) provides useful information on a range of mental health difficulties, as well as resources to support your wellbeing
* [Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/) has a wide range of information for schools and teachers to support young people’s mental health
* [Mental Health and Money Advice](https://www.mentalhealthandmoneyadvice.org/) provides practical advice and support for people experiencing issues with mental health and money
* [Me and My Mind](https://www.meandmymind.nhs.uk/) has some useful information for young people who may be having unusual experiences, such as paranoia or hearing voices

**Kingston iCope (Psychological Therapies).**

[Kingston iCope](http://kingston.icope.nhs.uk/) offers free, confidential help for problems such as stress, worry, [anxiety](http://kingston.digtest.co.uk/disorder-specific-information/are-you-anxious-stressed-or-worried/) and depression and insomnia.

[Kingston iCope](http://kingston.icope.nhs.uk/) offers a range of courses and individual treatments to help people manage symptoms of depression, anxiety and other cognitive, emotional and behavioural difficulties. It is for adults of all ages, from young to old.

The treatments offered have been shown to be effective and are recommended by the National Institute of Health and Care Excellence (NICE).

[Guided Self Help](http://kingston.digtest.co.uk/disorder-specific-information/therapy-specific-information/guided-self-help/) [Community Signposting](http://kingston.digtest.co.uk/disorder-specific-information/therapy-specific-information/community-signposting/) [Self-Help Books and Resources](http://kingston.digtest.co.uk/disorder-specific-information/therapy-specific-information/self-help-books-and-resources/) [Workshops and Groups](http://kingston.digtest.co.uk/disorder-specific-information/therapy-specific-information/workshops-and-groups/) [Group Treatment and Courses](http://kingston.digtest.co.uk/disorder-specific-information/therapy-specific-information/group-treatment-and-courses/) [Dynamic Interpersonal Therapy](http://kingston.digtest.co.uk/disorder-specific-information/therapy-specific-information/dynamic-interpersonal-therapy/) [Behavioural Couples Therapy](http://kingston.digtest.co.uk/disorder-specific-information/therapy-specific-information/behavioural-couples-therapy/) [Mindfulness](http://kingston.digtest.co.uk/disorder-specific-information/therapy-specific-information/mindfulness/)

You can refer yourself using the following link http://kingston.icope.nhs.uk/self-referral/

You can refer someone else to the iCope using the following link

<http://kingston.icope.nhs.uk/for-professionals/how-to-refer/>

Find out more:

* [iCope Psychological Therapies Service -](http://www.candi.nhs.uk/our-services/icope-psychological-therapies-service-kingston)

Kingston iCope Hollyfield House  22 Hollyfield Road  Surbiton  KT5 9AL

**Telephone:** **020 3317 7850**

**Fax:** 020 8339 4788.**Email:** [**cim-tr.kingston-iCope@nhs.net**](mailto:cim-tr.kingston-iCope@nhs.net)

**Kingston Wellbeing Service (Substance Misuse Service)**

The service includes:

* assessment and bespoke treatment plans
* harm reduction information and needle exchange
* specialist detoxification programmes to manage withdrawal symptoms and gradually wean you off drugs and/or alcohol
* one-to-one and group therapies aimed at getting to the core of the problem, coming up with ways to deal with cravings and avoid relapse
* motivation and support from those that have previously had problems with drugs and/or alcohol
* group activities and social networks, including men and women’s groups, relapse prevention and life skills advice
* joint working with employment agencies, training providers and housing associations to help you get back on track

Anyone can access the service – either via their GP or other health professional or by referring themselves directly if they want to. The service is offered from Surbiton Health Centre.

**Surbiton Health Centre**

Ewell Road Surbiton KT6 6EZ

Tel: 020 3317 7900

E-mail: [kingston.wellbeingservice@nhs.net](mailto:kingston.wellbeingservice@nhs.net)

Website: [www.kingstonwellbeingservice.org](http://www.kingstonwellbeingservice.org/)

**SW London and St George’s Mental Health NHS Trust**

**24/7 Mental Health Support Line on 0800 028 8000.**

**Kingston Recovery Hub**

Alfriston Centre, 3 Berrylands Road, London KT5 8RB

[recoveryhub@rbmind.org](mailto:recoveryhub@rbmind.org) or call 020 3137 9755

[**https://www.healthysurrey.org.uk/mental-wellbeing/adults/local-services**](https://www.healthysurrey.org.uk/mental-wellbeing/adults/local-services)