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

***MAKE A CALL: You can contact our Mental Health Support Line.***

The ***CAMHS Mental Health Support Line*** offers emotional support and advice to young people who are affected by urgent mental health issues, during the hours above.

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| **CAMHS Mental Health Support Line**  **CAMHS** out of hours mental health support line.  0203 228 5980  5.00pm till 11.00pm – Monday to Saturday  9.00am till 11.00pm on Sunday |

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 or the CAMHS Emergency team so this can be followed up or actioned appropriately.

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As well as the CAMHS Mental Health Support Line a **24x7** Mental Health Support Line available at any time of the day or night and is open to all young people who have a GP within the South London area.

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| **SWLSTG Mental Health Support Line**  24x7 mental health support line.  08000 288000 |

***CALL YOUR TEAM*: *Contact your CAMHS Team***

If you are currently under a CAMHS team, please give them a call. You can also call the single point of access (SPA) if you are not currently under CAMHS they can help with advice and the referral processes.

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| ***Kingston and Richmond SPA*** | ***0208 547 6171*** |
| ***Kingston CAMHS*** | ***0203 513 5183*** |
| ***Merton SPA*** | ***0800 292 2505*** |
| ***Merton CAMHS*** | ***0208 254 8061*** |
| ***Richmond CAMHS*** | ***0203 513 3238*** |
| ***Sutton SPA / CAMHS*** | ***0203 513 3800*** |
| ***Wandsworth SPA*** | ***0203 513 6631*** |
| ***Wandsworth CAMHS*** | ***0203 513 4644*** |

***GET IN TOUCH WITH YOUR GP*:** ***Book an emergency GP appointment***

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

***ITS AN EMERGENCY: Should I go to A&E?***

*Dial* ***111*** *if you need urgent advice or* ***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 worth trying first, they can help you decide what to do next, but if your risk appears unmanageable dial **999** or go straight A&E.

**What national telephone / online support can I access?**

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|  | Call **0800 1111** to speak to a counsellor or go to ***www.childline.org.uk*** for online 1-2-1 chat with a counsellor or to post on their message boards. |
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| Image result for SAMARITANS | Call **116 123** to be listened to 24 hours a day, email them using ***jo@samaritans.org*** or go to ***www.samaritans.org*** for more information. |
| Image result for CONTACT YOUNGMINDS | Text **YM** to **85258** to access their Crisis Messenger, available 24 hours a day. |
| Image result for HOPELINE UK | Call **0800 068 4141**, text [**07860039967**](sms:07860039967)**,** email ***pat@papyrus-uk.org***. Information at ***www.papyrus-uk.org*** offering confidential support services for young people having thoughts of suicide. |
|  | Call **0808 800 2222** for information and advice on any aspect of parenting and family life, including bullying. |
| Image result for MERMAIDS CHARITY ICON | Call **0344 334 0550** for emotional support for transgender and gender diverse young people and their families / friends. Information at ***www.mermaidsuk.org.uk.*** |
|  | Call **0808 801 0711** or visit ***www.b-eat.co.uk*** helping people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members. |

**APPS: *Some great apps you can use to support yourself.***

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| Image result for headspace icon | ***Headspace*** *– Mindfulness App – First 10 sessions are free.* |
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| Icon  Description automatically generated | ***StayAlive*** *– A suicide prevention app, packed full of useful info.* |
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| Image result for nhs wellmind | ***WellMind*** *–* A *free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression.* |
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| Image result for pacifica mood app | ***Pacifica*** *– Designed to help relieve symptoms of stress, anxiety and depression.* |
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| Image result for moodpath app | *MoodPath**– An app that**asks daily questions to help awareness of thoughts.* |
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| Image result for 7 cups app | ***7Cups*** *– 24x7 Therapeutic support for anxiety and depression.* |
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| Image result for app store superbetter app | ***SupperBetter*** *– A gaming app that unlocks your heroic potential to overcome tough situations and achieve goals that matter to you most.* |
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| Image result for happify app | ***Happify*** *– Offering activities and fames to help your emotional well-being.* |