



# **PHONE WELLBEING SERVICES OPEN OVER XMAS**



**IF YOU FEEL LIKE YOU MAY, OR HAVE SERIOUSLY HARMED YOURSELF, AND YOU NEED URGENT MEDICAL HELP.**

**Call 999** for an ambulance or go straight to your local A&E if you can

**NHS  
111**

Call and select the mental health option or [www.111.nhs.uk](http://www.111.nhs.uk)

**Samaritans  
116 123**

Free, anonymous, and always open. Available everywhere in the UK.

**SHOUT  
Text 85258**

Free, 24/7 text service for anyone in the UK struggling with their mental health.

**National Suicide Prevention  
Helpline**

**0800 587 0800 or 0800 689 5652**

Open from 6pm to Midnight everyday for anybody in the UK

**SANeline  
0300 304 7000**

If you're experiencing a mental health problem or supporting someone else, you can call from 4pm–10pm every day.

**Campaign Against Living Miserably  
(CALM)**

**0800 58 58 58**

You can call 5pm–Midnight every day, or use their CALM webchat service.

**Papyrus Hopeline  
0800 068 4141**

24 hours a day 7 days a week for anyone under 35 with suicidal feelings or concerned for a young person. Or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text 88247

**Switchboard LGBT  
0800 0119 100**

If you identify as LGBTQ+, you can call 10am–10pm every day or email [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt) or use their webchat service.



# HEALTH SERVICES OPEN OVER XMAS



IN AN EMERGENCY ALWAYS CALL 999

## ACCIDENT & EMERGENCY DEPARTMENTS (24/7)

- Royal London Hospital A&E - Whitechapel Rd, London E1 1BB
- The Homerton Hospital A&E - Homerton Row, London E9 6SR
- Whittington Hospital Emergency Department - 18 Magdala Ave, London N19 5NF
- University College Hospital A&E - 235 Euston Rd, London, NW1 2BU
- St Thomas' Hospital A&E, Westminster Bridge Road, London SE1 7EH

## URGENT CARE (24/7)

- The Royal London Hospital Urgent Treatment Centre - Clinic 1 at The Royal London Hospital's Cavell Entrance on Stepney Way. Main Hospital Tel: 0203 377 7000.
- Edgware Community Hospital - Burnt Oak Broadway, Edgware, Middlesex, HA8 0AD. 8am to 7pm, Use this department if you need urgent medical attention, but it's not a life-threatening situation.
- Guy's Hospital Urgent Care Centre - Ground Floor, Tabard Annexe, Great Maze Pond, London SE1 9RT Tel: 020 3049 8970. Open everyday from 8am to 8pm, arrive no later than 7pm as registration will be closed.

## NHS 111 (24/7)

If you have an urgent, but **not** life-threatening health problem you can contact NHS 111. Just call 111 from a mobile, or landline. They may:

- Find out what local service can help you
- Be connected to a nurse, emergency dentist, pharmacist or GP
- Get a face-to-face appointment if you need one
- Be told how to get any medicine you need
- Get self-care advice



# WALK IN WELLBEING SERVICES OPEN OVER XMAS



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## **Camden Crisis Sanctuary**

Is a free service open to people aged 18+ years of age who live in Camden or have visited mental health services in the borough.

Open from 5-11pm, every day and over Christmas. Please note, last admission for walk-ins is 10:30pm.

*50-52 Hampstead Road  
London  
NW1 2PY*

## **South West London Recovery Cafe**

The Recovery Café offers a safe space for all adults living in South West London who are struggling with their mental health.

Open evenings 6pm-11pm and weekends 12pm-11pm.

*966 Garratt Lane  
Tooting  
SW17 0ND*

## **Bexley Crisis Cafe**

The Bexley Crisis Cafe is a safe and supportive place for anyone struggling with their mental health.

Open every day 6-10pm.

*Mind in Bexley  
2a Devonshire Road, Bexleyheath  
DA6 8DS*

## **Kensington, Chelsea and Westminster Crisis Cove**

The KCW Cove is a drop-in service where residents of the boroughs can go if they are experiencing a mental health crisis.

Open every day and over Christmas 2-10pm

*North Paddington Food Bank,  
57 Goldney Road, W9 2AR*



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## **The Circle Ealing**

The Circle is a safe space for young people who are finding it hard to cope with their mental health.

Drop in: 12:30-16:00

*The Circle, 46 South Ealing Road,  
Ealing, W5 4QA.*

## **Walk-in Crisis Café - City & Hackney**

Offering immediate help if you are in distress or crisis.

Drop in: Open 6pm - 9pm weekdays  
and 12pm - 4pm at weekends.

*The Raybould Centre  
E9 6SR*

## **Hammersmith & Fulham Safe Space**

Safe Space is a local hub for residents of Hammersmith & Fulham who feels they are nearing crisis point

**Drop in** between **2pm-10pm**,  
every day.

*309 Lillie Road  
SW6 7LL*

## **Safe Haven Crisis Hub Haringey**

This service is primarily for: adults aged over 18 who are living in Haringey and/or has a Haringey GP and provides short-term intervention to support individuals who are vulnerable and isolated.

**Please call** before dropping in:  
**0800 953 0223**

*Open Daily: Mon-Fri 5pm-10pm |  
Sat-Sun 12pm-5pm.*

## ***BREATHING TO KEEP CALM - NHS***

Let your breath flow as deep down into your belly as is comfortable, without forcing it.

Try breathing in through your nose and out through your mouth.

Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5.

Then let it flow out gently, counting from 1 to 5 again, if you find this helpful.

Keep doing this for at least 5 minutes.

**@NHYouthCentre**  
**nhyouthcentre.org.uk**

**NH**  
**YC** **NEW**  
**HORIZON**  
**YOUTH**  
**CENTRE**

