

Mental health support and resources for young people

All Boroughs including Ealing, Hammersmith and Fulham and Brent

Sometimes it is useful to speak to a friend or relative that you can trust about how you are feeling. If you want to speak to someone else, many organisations have helplines or online chat functions, please see the list below.

You will also find resources, which you may find useful if you are worried about College, friendships and more.

If you need urgent mental health advice or support, you can contact

West London NHS Trust's 24/7 Helpline.

You can call this number to get help or advice in a crisis from trained mental health advisors and clinicians, 24 hours a day, 7 days a week, 365 days a year.

- Tel: 0800 328 4444
- Visit : <https://westlondon.nhs.uk/services/help-in-a-crisis/>

You can also call [Speak CAMHS](#) for support if you're worried about your mental health and:

- You're a child or young person
- You live in Ealing, Hammersmith and Fulham, or Hounslow.

Parents and carers can also call the helpline if they're concerned about your mental health.

Call [0800 328 4444](tel:08003284444) and choose Option 2 for [CAMHS](#).

The helpline is open:

- Monday to Friday from 8am to 11pm
- Weekends and Bank holidays from midday to 8pm

Outside these hours, crisis calls will be passed to an out of hours CAMHS
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Samaritans

<https://www.samaritans.org/>

Samaritans - provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. Please phone 116 123