

OUT OF HOURS

MENTAL HEALTH AND WELLBEING
SUPPORT NUMBERS

SAMARITANS



116 123 24 Hours 365 days

EMAIL jo@samaritans.org

PAPYRUS AND SHOUT



0800 068 4141 9am -midnight

For people under 35 and
those concerned for a young person
EMAIL pat@papyrus-uk.org

Text SHOUT to 85258 for 24/7 support

NHS MENTAL HEALTH CRISIS SERVICE

0800 0234 650 Single Point of Access 365 days

Central and West London.

EMAIL cnw-tr.spa@nhs.net

Call 111 for nhs medical advice

IN A EMERGENCY

**999 or visit your nearest Accident and
Emergency department**

If on campus call security on 4444 from college
phone to arrange a ambulance.

From external phone south Kensington: 020
7589 1000

if you are feeling very low speak to your GP

STUDENT SPACE

0808 189 5260 BETWEEN 4PM AND 11PM.
WELLBEING RESOURCES AND ADVICE FOR
STUDENTS.

