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 an ambulance.
From external phone south Kensington: 020 7589 1000
if you are feeling very low speak to your GP

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