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