

# OUT OF HOURS

## MENTAL HEALTH AND WELLBEING SUPPORT NUMBERS

### SAMARITANS



**116 123** 24 Hours 365 days

EMAIL [jo@samaritans.org](mailto: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](mailto: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](mailto: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 MINDS AND STUDENT SPACE

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

