

**For urgent help in a crisis, get support immediately**

A mental health crisis can mean different things to different people. It can include:

- Thinking about suicide or acting on suicidal thoughts,
- Severely self-harming,
- Experiencing psychosis, where you are out of touch with reality,
- Being in a situation that could put you or other people at risk.

**If you are in immediate danger, dial 999**

**If you need help but it is not an emergency, dial 111 (for advice/support)**

**Each mental health trust in south London has a telephone line for people in urgent need. The lines are free to call and open 24 hours a day, 365 days a year.**



Call 0800 028 8000 to speak to the local mental health crisis line in:

**Kingston, Merton, Richmond, Sutton  
and Wandsworth**

**Experiencing a decline in mental health and wellbeing**

If you are not in crisis and you would like to get NHS support, usually a referral from a General Practitioner (GP) or other professional is needed. The process involves an appointment and initial assessment with the GP or Primary Care Mental Health Nurse - the decision for which level of support you might receive is made based on the initial assessment.

**NHS mental health support available**

To get help from Kingston and Richmond Single Point of Access (SPA) you can:

Visit your GP and ask them to contact us on your behalf

Call on 020 315 5000 (Monday to Friday 9am to 5pm) and Out of Hours support line free on 0800 028 8000

KRATduty@swlstg.nhs.uk

**Improving Access to Psychological Therapies (IAPT) services: iCope Kingston**

<https://www.icope.nhs.uk/kingston/>

0203 317 7850

[kingston.icope@candi.nhs.uk](mailto:kingston.icope@candi.nhs.uk)

**Recovery College**

The SWLSTG Recovery College use a recovery-based approach to encourage people to become experts in their own self-care and wellbeing, giving students the tools they need to manage their conditions and support people in their recovery journey.

<https://www.swlstg.nhs.uk/south-west-london-recovery-college>

## Local community mental health support

### Kingston MIND

 0208 255 3939 (available between 9:30am-4:30pm).

 [info@mindinkingston.org.uk](mailto:info@mindinkingston.org.uk) (please note this mailbox is not monitored on a daily basis)

 <https://www.mindinkingston.org.uk/>

### The Fircroft Centre

Monday, 9:15am - 3pm. Tuesday 9.15am - 8pm. Open Wednesday - Friday, 9:15am - 4pm.  
Note: The Fircroft centre is a paid service that charges £2 per attendance.

 Fircroft, 96 Ditton Rd, Surbiton KT6 6RH

 020 8399 1772

 <https://thefircrofttrust.org/>

### Kingston Mental Health Carers Forum

 07983 063578

 <https://kmhcf.org.uk/>

 [info:kmhcf.org.uk](mailto:info:kmhcf.org.uk)

## Wider organisations offering mental health support

### Samartians

 116 123

 [jo@samaritans.org](mailto:jo@samaritans.org)

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

### SHOUT

 Text 'shout' to 85258 (24/7 service for all ages)

 <https://giveusashout.org/>

**Getting support for mental health needs can often be associated with support needed in other areas of life**

### Healthwatch Kingston

 [www.healthwatchkingston.org.uk](http://www.healthwatchkingston.org.uk)

 0203 326 1255

### Money and Money and Benefits Advice

 <https://moneyandpensionservice.org.uk>

 0800 138 7777