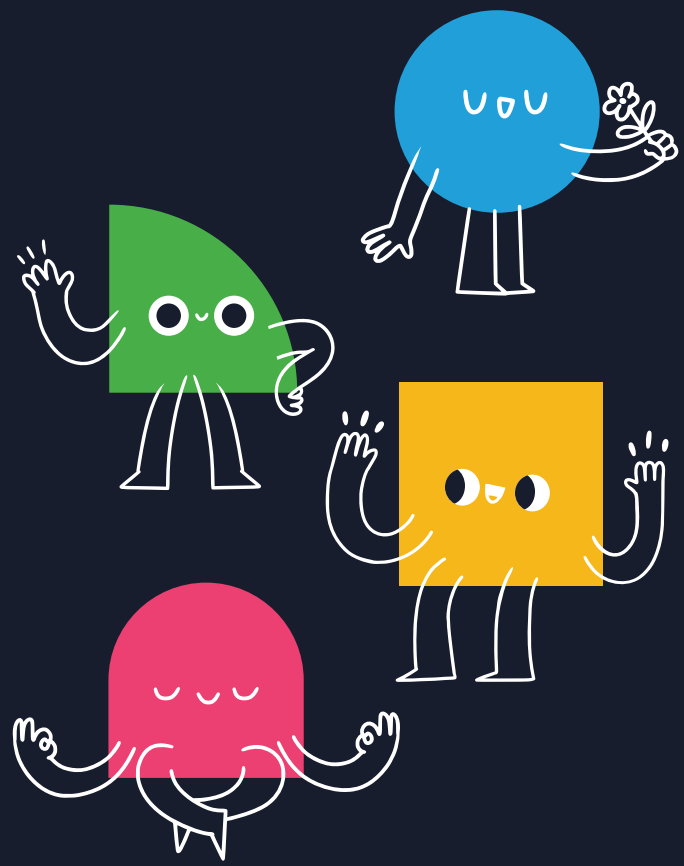


Are you under 18 and need urgent mental health support?

Call the South London Crisis Line for children and young people

020 3228 5980

9am to 11pm, 7 days a week

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Call if you:

- Feel overwhelmed or very upset
- Are worried about your mental health
- Are worried about a child or young person

Children and young people, parents, carers and professionals can all call.

Outside 9am to 11pm? Call NHS 111.

For more support and advice visit
www.swlstg.nhs.uk/urgent-help

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