



Need urgent help with your mental health?

Your local Single Point of Access is a 24/7 telephone line which offers support, advice and signposting to children and adults who may be experiencing a mental health crisis. Family, carers and professionals can also contact SPA for urgent mental health advice.

In Brent, Harrow, Hillingdon, Kensington and Chelsea and Westminster call

0800 0234 650

In Ealing, Hammersmith and Fulham and Hounslow call

0800 328 444

Please only attend an emergency department if you have a physical health emergency.

You can also try these resources:

The Coves, Space Spaces and the Circle

1:1 support with a recovery or lived experience worker – call SPA or your local MH team for a referral.

Support for young people

Support for children and young people is available from Kooth (11 to 25 year olds) and Best for You

Hub of Hope and West London Wellbeing

Search for mental health services local to your area. hubofhope.co.uk or wellbeingwestlondon.org.uk