**Crisis Support**

In the event of an emergency where you have harmed yourself or someone else or you need medical attention**,** please do not hesitate to **contact 999** or go to your nearest hospital’s **Accident and emergency department (A&E).** The **nearest hospital** you can go to is:

**Kingston hospital**

Address: Galsworthy Road, Kingston upon Thames, Surrey KT2 7QB

Tel: 020 8546 7711

Or

**West Middlesex University Hospital**
Twickenham Road, Isleworth, Middlesex TW7 6AF
Tel: 020 8560 212

**Crisis mental health support lines**

**Are you in a crisis?**

If you require support in a mental health crisis, please **call 0800 028 8000** (24/7 crisis line) for the mental health Richmond support line, or alternatively contact the following helplines:

**Shout: Text “Shout” to 85258** (a free 24/7 text support service)

**Samaritans: Call 116 123 (24-hour crisis line)**

**Kingston Samaritans Office:** Call **0208 399 6676 (24-hour crisis line)**

**CALM** (campaign against living miserably) **call 0800 58 58 58 (available from 5pm- midnight, 365 days a year)**

**Require other support?**

**NHS support:** if you require support with your mental health, please do not hesitate to **contact your GP** during calling hours

**Richmond Wellbeing Service** self-refer at <https://www.richmondwellbeingservice.nhs.uk/> or contact RWS **on 020 8548 5550**

**Mind Recovery Hub** self –refer based in Twickenham and Kingston which provides evening and weekend support for people in crisis or nearing crisis. Please contact **020 3137 9755** for more details (Opening hours: Mon to Fri 6pm – 10pm, Weekends 2pm – 8pm/10pm

**No Panic: 0300 772 9844** 10am – 10pm every day (For people experiencing panic or anxiety problems)

**Carers in Mind:** If you are a carer for someone with a mental health problem and feel you could do with some support, telephone: **020 8940 7384 or email:** **carers@rbmind.org.**

**Saneline 0300 304 7000 6-11pm weekdays and weekends including Bank Holidays** (Practical information, crisis care and emotional support)

**Aanchal: Call 0845 451 2547** (24-hour crisis line for Asian women experiencing domestic abuse)

**Adults Emergency Duty Social Work Team:**
**Telephone: 020 8744 2442 Type Talk: 1800 1 020 8744 9414**
(A trained Social Worker will speak to you over the phone to assess the situation and decide the best course of action)