NORTH LONDON PARTNERS
in health and care
North Central London's sustainability
and transformation partnership

NHS

How to get help in a mental health crisis

What is a crisis?

Having a mental health crisis means different things to different people.

You might feel so distressed that you want to harm yourself, or someone else.

You might hear unpleasant voices, or feel that people are watching you or trying to hurt you.

It could help to tell someone you trust, maybe a family member or a friend. They can be with you and help you decide what to do. They can also contact services on your behalf.

If you are in contact with a mental health service:

Check your care plan, if you have one, and:

During office hours contact your care coordinator or the duty number for the team that is supporting you.

Out of hours call 0800 151 0023 to speak to our crisis line for patients aged under 18 and their carers.

If you need urgent help:

Call 111 to speak to the free NHS helpline for anyone with an urgent healthcare need. Tell them if you need a translator.

Call 0800 151 0023 to speak to our local NHS crisis line for patients aged under 18 and their carers.

If you are with someone who has attempted suicide, call 999 and stay with them until the ambulance arrives.

> 24 hour mental health crisis line 0800 151 0023 for young people aged under 18 living in Barnet, Camden, Enfield, Haringey and Islington.