

Help and support 24/7

You can call us any time you need extra help or advice, 24 hours a day.

The helpline is run by trained mental health professionals.



0300 1234 244

24/7 mental health referrals, support and advice

Pick up a card today or ask a member of staff for more information.



To order more cards for your service, contact the duty manager on **020 8354 8401**.