

[Support & guidance contacts](#)

<https://www.sabp.nhs.uk/our-services/advice-guidance/getting-help-crisis>

If you or someone else is in an immediately life-threatening situation then ring 999.

24/7 Mindworks Mental Health Crisis Line : for children, young people and their families and carers in Surrey

The 24 HR freephone number – 0800 915 4644 – is the same telephone number as our adult mental health crisis line, but is now also available for 6 years – 18 years by selecting option 1.
It is staffed by a team of trained call handlers and mental health nurses.

CYP Haven www.cyphaven.net for over 10's



Your online mental wellbeing community Free, safe and anonymous support

WWW.KOOTH.COM – [online counselling and information around wellbeing and mental health](#)

Counselling is available: **12.00-10.00pm**: Mondays - Fridays
6.00pm-10.00pm: Saturdays & Sundays

Please refer to our website at www.mindworks-surrey.org for further resources and understanding of our CYPS community.

Mindworks Surrey Teams Duty Service

For **non-urgent** enquiries

9.00 am – 5:00 pm on Mondays – Fridays

Call: **01372 216111**

Email: RXX.sabpcamhssw@nhs.net

NEW Mindworks Out of Hours Advice Line for Neurodevelopmental Difficulties

Operates between **5.00pm-11.00pm daily (including Saturday and Sundays)**

Team will *stop taking calls at around 10.30pm to allow time to respond.*

Call the usual CAMHS SPA number - **0300 222 5755** – after 5pm you will automatically be guided to options for this support (Option 1 and Option 2).



www.childline.org.uk – **0800 11 11** - Open 24 hours a day for online and telephone support and information regarding wellbeing and mental health

SAMARITANS

Whatever you're going through, a Samaritan will face it with you.

Open 24 hours a day, 365 days a year

Call: 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>
for online chats and further details.



If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org