

Mental health support for children, young people and their families

We know that Christmas and the school holidays can be daunting if you are struggling with your mental health, but you don't have to cope on your own. There is a wide range of support available to help you.

If you are a child or young person aged under 18 living in Barnet, Camden, Enfield, Haringey or Islington and need urgent mental health support, or if you are the parent or carer of a child or young person who needs urgent mental health support, you can call the crisis line on **0800 151 0023**. Trained NHS mental health advisors are available to offer free advice and support 24 hours a day, seven days a week, 365 days of the year.

For details of other mental health and wellbeing support available please click here [*<link to Healthy London Partnership info sheet >*](#)