



FOR GPs, SCHOOLS AND COMMUNITY PARTNERS

Please remind children, young people and families that the CAMHS Crisis Helpline is accessed by calling **NHS 111** and selecting **Option 2**.

CAMHS CRISIS LINE?

GET HELP. GET SUPPORT.

*Trained
mental health
advisors
are here
to listen*



CRISIS HELPLINE
CALL NHS 111
SELECT **OPTION 2**

OPTION
2



24 hours
a day



7 days
a week



365 days
a year

You can call this number to get help or advice in a crisis from our trained mental health advisors and clinicians.



If you are worried about your immediate safety or have thoughts about hurting yourself or other people, call **999** for emergency services.



You're not alone. We're here to help.