

North Central London (NCL) - Children and Young People

Where to get urgent mental health support

For children, young people, parents or carers

24/7 mental health crisis support line

If you are a child or young person aged under 18 in crisis and living in Barnet, Camden, Enfield, Haringey or Islington, or if you are the parent or carer of a child or young person in crisis, you can call the mental health crisis support line available 24 hours a day, seven days a week on **0800 151 0023**.

Children and Young People's Mental Health Services (or CAMHS)

If your child is currently being supported by mental health services for children and young people (CAMHS), you can contact your clinician or the CAMHS duty number for the team during office hours.

- For Islington CAMHS the duty number is:
020 7527 3355
- For Barnet CAMHS the duty number is:
0208 702 4500
- For Haringey CAMHS the duty number is:
0208 702 3400
- For Enfield CAMHS the duty number is:
0208 702 5100
- For Camden CAMHS:
 - If open to and have an allocated CAMHS Clinician in South Camden CAMHS, the duty number is: **020 8938 2700**
 - If open to and have an allocated CAMHS Clinician in North Camden CAMHS, the duty number is: **020 8938 2232**

If unsure which Camden CAMHS you are open to, please ring either number and state your allocated CAMHS Clinician.

- If not open to Camden CAMHS and do not have an allocated CAMHS Clinician, please use the above 24/7 mental health crisis support line (**0800 151 0023**)

Out of hours and on weekends, please contact the mental health crisis support line on **0800 151 0023**.

Accident and Emergency Department (A&E)

If a child or young person needs emergency medical help, is seriously ill or their life is at risk, then call 999 or take them to the nearest Accident & Emergency (A&E).

NHS 111

If you are not sure what to do, you can check NHS 111 online or call 111 for advice.