

Support available this



If you need support now, here's what to do:

If you are in immediate danger: call [999](tel:999)

If you have an urgent need, call our crisis line on [0800 915 4644](tel:08009154644). It's open 24/7. You can also call NHS 111 and select the mental health option.

Self help tools & resources

A range of resources, strategies, and tools developed by professionals can be found on our [resources section](#). Resources on self care, anxiety, depression and much more are available, with links through to other useful websites.



Online support

If you need support with life's ups and downs outside of your regular support system, try Kooth which offers a free, safe, anonymous online support ([kooth.com](https://www.kooth.com)) or Chat Health which offers confidential text support with a qualified nurse (chathealth.nhs.uk).



Workshops and groups

We offer free workshops and groups for children, young people, and families - no request for support or diagnosis needed. More information on our [Early Support pages](#).



CYP Havens

[The Children Young People \(CYP\) Havens](#) are a welcoming space for 10 to 18 year olds to talk about worries and mental health in confidence. Provided by Surrey County Council.



Out of hours advice line

A free out-of-hours phone line provides advice to parents and carers who are struggling with behaviours or difficulties which could be related to neurodevelopmental need, such as autism or ADHD. It runs from 5pm until 11pm, seven days a week, 365 days a year. Please call 0300 222 5755

