

Under 25s

YOUNGMINDS
Crisis Messenger

powered by
shout
85258
SEND TEXT ONLY

Text YM to 85258
Open 24/7

THE MIX

Call 0808 808 4994
3pm - 12am, every day

childline
ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111
7:30am - 3:30am, every day

Over 25s

mind
for better mental health

Call 0300 123 3393
9am - 6pm, Mon - Fri

SAMARITANS

Call 116 123
Open 24/7

Parents

YOUNGMINDS | Parents
Helpline

Call 0808 802 5544
9:30am - 4pm, Mon - Fri

For more advice and information
visit: [youngminds.org.uk/find-help](https://www.youngminds.org.uk/find-help)

Support for your mental health



Looking after yourself

There are little things you can do to look after your mental health.

The Every Mind Matters online platform gives you free expert advice and practical tips to help you look after your wellbeing.

Talking therapy

If you feel stressed, anxious or depressed, you might struggle with work, life or relationships. NHS talking therapies, also known as IAPT, can help. Search [nhs.uk/talk](https://www.nhs.uk/talk)

Crisis

If you or another person is experiencing a mental health crisis, you can call your local NHS urgent mental health helpline for 24/7 advice and support.

If someone's life is at risk or they cannot be kept safe, call 999 or go to A&E.

Youth Mental Health in London: A Guide for Youth Groups & Young People

Mental health is about how we think, feel, and handle life's ups and downs. For young people, good mental health is essential for maintaining healthy friendships, succeeding in school or work, building confidence, and feeling in control of their everyday life. Yet many young Londoners struggle with anxiety, depression, stress, identity challenges, loneliness, trauma, or simply feeling overwhelmed — and it's OK to talk about it. Support does exist, and you're not alone.

Why Youth Mental Health Matters

Across the UK, around 1 in 5 young people have a probable mental health disorder, including anxiety and depression — and many others feel stressed, low or unable to cope despite not having a clinical diagnosis. Support early, and it can make a big difference in building confidence, resilience, and wellbeing.

For youth groups, creating safe spaces where people feel heard, supported and connected goes a long way.

London-Specific Mental Health Support for Young People (Ages ~11–25)

Below are key services in London — including free helplines, counselling options, and youth-friendly organisations:

24/7 Crisis & Immediate Support

NHS 111 – Mental Health Support

Call 111 and select the mental health option for immediate 24/7 support and guidance, including crisis help and signposting where to go next.

Shout – Free 24/7 Text Support

Text SHOUT to 85258 for free, confidential help from trained volunteers any time.

Childline – Free for Under 19s

Call 0800 1111 or chat one-to-one online for confidential emotional support and advice.

Local NHS CAMHS Support (Child & Adolescent Mental Health Services)

These are NHS services offering assessment, therapy or referral for children and young people with more complex or persistent issues:

West London CAMHS & Speak Helpline

Call the Speak CAMHS helpline on 0800 328 4444 for advice & support for young people and families in West London.

South London & Maudsley CAMHS

Helps young people up to age 18 in boroughs like Croydon, Lambeth, Lewisham and Southwark.

East London CAMHS (City, Hackney, Tower Hamlets & Newham)

Offers assessment, support and crisis services across East London.

North East London CAMHS Contacts

Examples:

Newham CAMHS: 020 8430 9000

Tower Hamlets CAMHS: 020 7426 2375

Redbridge CAMHS: 0300 300 1618

Waltham Forest CAMHS: 0300 555 1247

North London Mental Health Crisis Line

If you live in Camden, Islington or Barnet and need crisis support, call 080 0917 3333 (24/7).

Community & Charity-Based Support (Youth-Friendly)

These services are free or low-cost and ideal for young people — including peer support, counselling and group activities:

London Youth – Mental Health & Wellbeing

Offers training for youth workers, programmes like “Good for Girls,” and local wellbeing resources for members.

Metro Charity – Mental Health & LGBTQ+ Support

Services include youth groups, counselling and safe spaces for LGBTQ+ young people.

☎ 020 8305 5000 or 020 8305 5004 (youth groups)

✉ youth@metrocharity.org.uk

Off The Record Youth Counselling (OTR)

Free counselling and wellbeing support for people aged 14–25 in Croydon, Merton & Sutton.

Brent Centre for Young People

Mental health support and counselling for young people in north/west London.

Off The Record (Counselling)

Confidential support including workshops and 1-to-1 sessions.

Online & Self-Help Resources

Good Thinking (London NHS Online Support)

Free digital wellbeing tools, apps, self-help resources and advice for young adults.

The Mix

UK mental health and wellbeing support for under 25s — including helpline, online chat, community forums and self-help content.

💬 Tips for Youth Groups Supporting Mental Health

Youth groups can play a big role in promoting wellbeing:

- ✓ Create safe, non-judgmental spaces where young people can talk openly.
- ✓ Train leaders in mental health awareness and first-aid support.
- ✓ Share support contacts and resources in meeting spaces or group chats.
- ✓ Encourage peer connection, activities, creativity and physical movement.
- ✓ Support signposting to professional help when needed.

Mental health is part of everyday health — just like physical wellbeing. Supporting young people to talk, listen, and connect builds stronger, more resilient communities.