

YOUR WELL-BEING MAP

Everyone is on a journey through Well-Being. Open me up and let's start your well-being journey



For young people aged 0 - 18

How we can help...

Everyone has Mental Health! We all need a little help sometimes. Let us help you out!

Advice and support

Feeling low but not sure why? Just want someone to help you understand what's going on?

Getting help

Been feeling this way for quite a while? Want some more targeted support to help you understand how you are feeling?

Further support

Struggling with overwhelming thoughts and feelings and need specific help? These are some services that offer an extra level of help.

NEED HELP RIGHT NOW?

These services can help you when you need support urgently!

Childline – Help and Advice

0800 028 8000

Samaritans Helpline

Open Until 9.00pm Every Day - 116 123

Access Service

Assessments within 14 Days - 020 3513 4644

24 Hour Crisis Help

via your GP and A&E at St George's Hospital

And Remember:
It's OK, to not be OK!



Wandsworth

Mental Health Services

For young people aged 0 - 18



Key

- Getting Advice and Support
- Getting Help
- Getting Further Support
- Parks/Green spaces
- + St Georges hospital
- 🎓 Roehampton University
- Children's Centre
- ★ Secondary Schools
- ★ Secondary Schools - Catch 22 Counselling
- ★ Primary Schools - Place2Be Counselling