

# SPEAK CAMHS

## Helpline



West London  
NHS Trust



# 0800 328 4444

## Choose Option 2



We are CAMHS professionals who are familiar with local services and have a range of specialist knowledge. We provide immediate talking support, basic counselling and advice for children, young people and families who are in significant distress.

### Operating Hours

**Monday to  
Friday:**  
8am – 11pm

**Weekends &  
Bank  
Holidays:**  
12pm – 8pm

### Who can call?

- ✓ Children & Young People
- ✓ Parents and Carers
- ✓ Healthcare Professionals
- ✓ Social Care
- ✓ Educational Staff

## It's okay to reach out for help

