

Services You May Find Helpful Over the Festive Period

Mental Health & Emotional Support

- **Samaritans:** Available 24/7, 365 days a year.
Call 116 123, Email: jo@samaritans.org, Website: <https://www.samaritans.org>
- **SANeline:**
Call 0300 304 7000 (4pm–10pm daily).
Website: <https://www.sane.org.uk>
- **National Suicide Prevention Helpline UK:**
Call 0800 587 0800 or 0800 689 0880.
<https://www.spuk.org.uk>
- **Shout:**
Text SHOUT to 85258 (24/7).
<https://giveusashout.org>
- **The Mix:** For under 25s.
Text SHOUT to 85258.
<https://www.themix.org.uk>
- **Papyrus HOPELINEUK:**
- Call 0800 068 4141, Email: pat@papyrus-uk.org, Text: 88247
Website: <https://www.papyrus-uk.org>
- **Nightline:**
Listening Services run by students, for students:
- **Website:** <https://nightline.ac.uk/listening-services/>
- **Switchboard:**
Call 0800 0119100, Email: hello@switchboard.lgbt.
Website: <https://switchboard.lgbt>
- **Silver Line:**
Call 0800 4 70 80 90.
Website: <https://www.thesilverline.org.uk>

Local Crisis Support

- **Mental Health Crisis ASC:** Call 0800 917 3333 (24/7).
- **Hestia** – Camden Crisis Sanctuary: Open 5pm–11pm daily.
- Call 07825 165464

- **Email:** Camden.CrisisSanctuary@hestia.org.
Website: <https://www.hestia.org/camden-crisis-sanctuary>
- **Hopscotch Women's Services:** Call 020 7388 8198, Email: dv1@hopscotchuk.org.
<https://hopscotchuk.org/womens-centre/>

Food Support

- Camden Foodbank: Call 020 7387 4551 (Tue & Fri), Email: info@camden.foodbank.org.uk.
<https://www.trusselltrust.org>
Find local food support: <https://findfood.camden.gov.uk>
- [Christmas | The Salvation Army](#)

Other Useful Services

- Age UK: Call 0800 678 1602 (8am–7pm daily). <https://www.ageuk.org.uk>
- Christmas Services in Camden: <https://cindex.camden.gov.uk>
- Mobilise –<https://www.mobiliseonline.co.uk/cuppa-timetable>