



NHS

**South West
London**



Are worries starting to get on top of you?

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When worries start to get on top of you – family or work stress, cost of living pressures – it's hard to know when to reach out.

- Mental health crisis is when your mood and behaviour get worse very quickly and you feel like you can't cope
- If you, or someone you know, is struggling, seek help today
- Trusted professionals are available, 24 hours a day, every day, to provide confidential advice on the support available



SCAN ME

- ▶ **Call the mental health crisis line now on 0800 028 8000**
- ▶ **For more information use your phone's camera and scan this QR code**
- ▶ **Search 'South West London and St George's crisis line'**