



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 on 0800 731 2864 and choose option 1**
- ▶ **For more information use your phone's camera and scan this QR code**
- ▶ **Search 'South London and Maudsley crisis line'**