

HulaFit Instructors - Signposting List

- Mental Health Crisis Line Numbers
- Improving Access to Psychological Therapies - IAPT (Free Counselling)
- Safeguarding Social Services

Crisis Line Numbers

Trust and Website	Geographical Area	24/7 Mental Health Crisis Line
London		
Barnet, Enfield and Haringey Mental Health NHS Trust http://www.beh-mht.nhs.uk/	Barnet, Enfield, Haringey, Camden and Islington.	0800 1510 023
Central and North West London NHS Foundation Trust https://www.cnwl.nhs.uk/patients-and-carers/help-mental-health-crisis	Hillingdon, Harrow, Brent, City of Westminster or Kensington and Chelsea	0800 0234 650
East London NHS Foundation Trust https://www.elft.nhs.uk/Contact-Us/Get-Help-in-an-Emergency	City & Hackney Newham Tower Hamlets	0800 073 0006 0800 073 0066 0800 073 0003
North East London NHS Trust www.nelft.nhs.uk	Mental Health Direct Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 5555 100
Oxleas NHS Foundation Trust http://oxleas.nhs.uk/advice-and-guidance/how-to-get-help/	Bexley, Bromley and Greenwich	0800 330 8590
South London and Maudsley NHS Foundation Trust https://slam.nhs.uk/patients-and-carers/crisis-support	Croydon, Lambeth, Lewisham or Southwark	0800 731 2864 (Option 1)

South West London and St George's Mental Health NHS Trust https://www.swlstg.nhs.uk/	Kingston upon Thames, Merton, Richmond upon Thames, Sutton or Wandsworth	0800 028 8000
West London Mental Health NHS Trust https://www.westlondon.nhs.uk/services/help-in-a-crisis/	Ealing, Hammersmith & Fulham and Hounslow	0800 3284 444
Southampton		
Southampton https://www.steps2wellbeing.co.uk/emergency_support/		In Southampton you can text 'lighthouse' and your postcode (for example LIGHTHOUSE SO14 0YG) to 07451276010 between 4.30pm and 12am. The lighthouse staff will then contact you via telephone, email, webchat or text
Kent		
Kent Mental Health Matters https://www.mhm.org.uk/	Kent	0800 107 0160
Suffolk		
Suffolk First Response https://www.nsft.nhs.uk/first-response		0808 196 3494
Hitchin		
Hitchin https://www.hpft.nhs.uk/contact-us/out-of-hours-helpline/		0800 6444 101
Nottingham		
Nottingham https://www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis		0808 193 6779

Worcestershire		
Worcestershire https://www.hacw.nhs.uk/urgent-help/		0808 196 9127

IAPT

London Areas – Search for Local Area	https://myhealth.london.nhs.uk/maternity/help-and-emotional-support/increasing-access-to-psychological-therapies-iapt/	
South West London	https://slam-iapt.nhs.uk/	
Southampton	https://www.steps2wellbeing.co.uk/accessing_support/	
Kent (IAPT)	https://livewellkent.org.uk/	0800 567 7699
Suffolk (IAPT)	https://www.wellbeingnands.co.uk/suffolk/	
Hitchin	https://www.hpft.nhs.uk/services/community-services/wellbeing-service/	
Nottingham (IAPT)	https://www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing	
Worcestershire Worcestershire Healthy Minds	https://www.healthyminds.whct.nhs.uk/	01432 220 507

Safeguarding

South West London	https://swlondonccg.nhs.uk/about/governance/safeguarding/	
Kent	https://www.kent.gov.uk/social-care-and-health/report-abuse	
Suffolk	https://www.nsft.nhs.uk/safeguarding	
Hitchin	https://www.hertfordshire.gov.uk/services/adult-social-services/report-a-concern-about-an-adult/report-a-concern-about-an-adult.aspx	0300 123 4042
Nottingham	https://www.nottinghamcity.gov.uk/information-for-residents/children-and-families/safeguarding-adults/	0300 1310 300 (within the city boundaries) 0300 500 8080 (within country boundaries)
Worcestershire	https://www.safeguardingworcestershire.org.uk/	01905 843189