

The Grenfell Telephone Night Service is changing

From 20 January 2020 the telephone number you need to call will change.

To confirm the services that are available for adults over the age of 18 are:

- **8am-8pm, Monday to Thursday and 8am – 5pm on Friday:** Grenfell Health and Wellbeing Service on **020 8637 6279** or by e-mail **Grenfell.wellbeingservice@nhs.net**.
- **5pm – 8pm on Friday and 8am – 8pm at weekends:** Outreach on **020 8962 4393**.
- **From 8pm, if you are 18 or over:** the NHS Single Point of Access for Adult Mental Health and the Grenfell Support line. You can contact this support line on **0800 0234 650** or e-mail **cnw-tr.SPA@nhs.net**.

To confirm the services that are available for children and young adults up to the age of 18 are:

- **During the day (8am – 5pm, Mon – Friday):** Children and Young Peoples Grenfell Health and Wellbeing Service on **020 8637 6279** or by e-mail **Grenfell.wellbeingservice@nhs.net**
- **After 5pm and at weekends:** If a child or a young person up to the age of 18 years of age needs help or anyone else has a concern they should call the CAMHS Gateway Service on **020 3028 8475**.

People are also able to call the Samaritans on 116 123. This is a free, confidential 24-hour service. If you need urgent help at any time please **call 999**.