

# **Mental Health Services in London (NHS & Women-Focused)**

## **NHS Mental Health Services for Women in London**

Perinatal Mental Health Services support women during pregnancy and up to one year after childbirth.

- Ealing Perinatal Service: 020 8354 8180
- Hammersmith and Fulham Perinatal Service: 020 3313 3033
- Hounslow Perinatal Service: 020 8483 1525

General Enquiries: 020 8354 8354

[More Info](#)

## **General NHS Mental Health Services in London**

NHS 111 Mental Health Crisis Support (24/7):

- Phone: 111 (mental health option)
- For hearing or speech impaired: 18001 111

[Visit NHS 111](#)

Single Point of Access (SPA) Services:

- Central and North West London NHS Foundation Trust: 0800 0234 650 | Email: [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net)
- West London NHS Trust: 0800 328 4444 | Email: [wlt.pals@nhs.net](mailto:wlt.pals@nhs.net)

[CNWL SPA Info](#)

[West London NHS Contact](#)

Mental Health Crisis Cafés:

- Newham Together Café: 07511 082293 | [nh.togethercafe@nhs.net](mailto:nh.togethercafe@nhs.net)
- Tower Hamlets Together Café: 0808 196 2130 / 07826 78055 | [th.togethercafe@nhs.net](mailto:th.togethercafe@nhs.net)

## **Mental Health Services in London (NHS & Women-Focused)**

- City & Hackney Together Café: 07393 762366 | [elft.crisiscafe2@nhs.net](mailto:elft.crisiscafe2@nhs.net)

[NEL Mental Health Crisis Info](#)

### **Additional Support Services**

- Samaritans: 116 123 | [jo@samaritans.org](mailto:jo@samaritans.org)

[Visit Samaritans](#)

- Shout (text support): Text SHOUT to 85258

[Visit Shout](#)

- Mind: 0300 123 3393

[Visit Mind](#)

- CALM: 0800 58 58 58

[Visit CALM](#)

- Rethink Mental Illness: 0300 5000 927 | [info@rethink.org](mailto:info@rethink.org)

[Visit Rethink](#)

### **Finding Local Services**

Search UK-wide mental health services:

[Hub of Hope](#)