**In an emergency call 999 for police, fire or ambulance services. This is for emergency situations only.**

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| **General Health Advice**  Health advice 111 | **Greenwich Council services**  Royal Borough of Greenwich 020 8854 8888 |

**Mental health**

Local support

BLG Mindline 020 8853 1735

**Opening times are:** Monday – Friday: 10.30am – 4.30pm  
Monday, Tuesday, Thursday and Friday: 6pm – 9pm  
Saturday: 10.30am – 1.30pm

On line – https://blgmind.org.uk/greenwich-mental-health/counselling/mindline-telephone-counselling/

Oxleas urgent advice line: 0800 330 8590 24 hrs

Live Well Greenwich on 0800 470 4831

National support

Mind info line [0300 123 3393](tel:03001233393) – 9am – 6pm Monday – Friday not open bank holidays

Alzheimer’s Society 0333 1503456 9am – 8pm Monday – Wednesday Thursday – Friday 9am – 5pm Saturday -Sunday 10am – 4pm

The Admiral Nurse dementia Helpline on 0800 888 6678 Monday – Friday 9am – 9pm Saturday – Sunday & bank holiday 9am – 5pm (not open on Xmas Day)

Saneline: 0300 304 7000 (local rate number) 4pm – 10pm daily including bank holidays

Samaritans 116 123 24 hr everyday Call/text 07538.241.302

SOS ( Silence of suicide) 0300 1020 505 Open everyday 8pm until Midnight

**Drug/alcohol addition**

Via – Drug and Alcohol service 0300 303 4552

e: [greenwich@viaorg.uk](mailto:greenwich@viaorg.uk)

website: <https://www.viaorg.uk/services/greenwich/>

**Younger people and children**

Childline (for children and young children under 19 ) Free phone number: 0800 1111

Papyrus (for people under 35) Free phone number: 0800 068 41 41 – open 365 days of the year from 09:00 am till midnight

**Domestic violence**

Local support

The Her Centre on **020 3260 7772.**

**Website** <https://hercentre.org/>

National support

24 hours support line 0808 2000 247

**General advice and support**

Age UK advice line 0800 678 1602 - open every day

Independent Age advice line 0800 319 6768

Silver Line on 0800 470 8090