

PARENTS' NEWSLETTER

Fortnightly

Edition 10

May 10, 2024

CELEBRATING MILESTONES: A MESSAGE TO YEAR 11 STUDENTS AND PARENTS

This term is often marked by a sense of joy and accomplishment as we reflect on the growth and progress made throughout the year. For our year 11 students, this term holds particular significance as they embark on the final stretch of their journey at Heron Hall. August will bring a momentous occasion as they receive the results of their GCSE examinations, the culmination of five years of dedication and hard work. Our students have been diligently preparing for these exams, guided by the unwavering support of our dedicated teachers.

Throughout the year, our teachers have gone above and beyond to ensure our year 11 students are equipped with the knowledge and skills needed to excel. From extra interventions after school to coursework sessions on Saturdays, every effort has been made to nurture their academic growth. Additionally, our students have benefitted from enriching experiences, including a memorable residential trip (page 5) aimed at broadening their horizons.

As our year 11 students navigate through this challenging and stressful period of examinations, we extend our heartfelt support and encouragement. We believe in their abilities and are confident that their hard work will yield commendable results.

For parents seeking guidance on how to support their child during the exam season, we have included advice for parents on pages 3 and 10 of this newsletter. Together, let's rally behind our students, providing them with the encouragement and reassurance they need to succeed.

Wishing our year 11 students the very best during this exam season.

Mr Barzey
Headteacher



*Keep up-to-date with
upcoming events at HHA*



Upcoming Events

27th - 31st May: HALF TERM

Friday, 7th June: PTA Meeting

Friday, 28th June: Year 11 Prom

Friday, 5th July : Cultural Evening

4th - 5th July: Year 6 Transition days

Tuesday, 9th July: Sports Day

Friday, 19th July: Trip Day

Thursday, 25th July: Last day of the term

29th July - 2nd August: Year 6 Summer School

PTA Coffee Morning

- Friday, 7th June

Year 6 Transition

- Thursday and Friday, 4th and 5th July

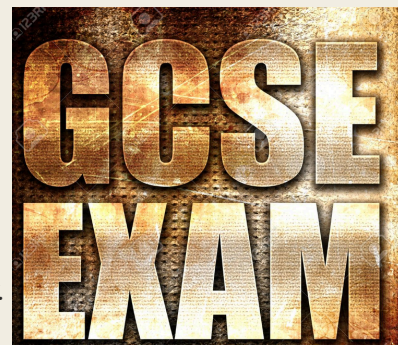
Cultural Evening

- Thursday, 4th July

SAVE
the DATE

YEAR 11 PARENTS: GCSE EXAM REMINDERS AND UPDATES

Thank you for your support for your child during the first week of their GCSE examinations. Attendance and morale have been high and students have been working very hard in their revision sessions as well. They have made a positive start! **A reminder that your child must arrive to all their exams with the correct equipment - black pens, pencils (for drawings only), rubber, ruler, maths equipment, scientific calculator, clear pencil case.**



If your child has an exam clash, they will be given an individual schedule for that day.

Two important updates for you:-

- If you click on the 'policies' sections of our website and scroll to 'examinations', as well as some official guidance, you can find some really helpful tips and videos on surviving exam season, revision and beating exam stress. Your child's wellbeing is really important to their success, so we recommend you have a look. Please let us know if you have any concerns (page 10 has general advice on supporting your child during the exam season).

[Policies | North Star Community Trust Academies \(heronhallacademy.org.uk\)](#)

[Examination | Heron Hall Academy](#)

- We believe that students need and benefit best from continued contact with their teachers and also continuity of structure and routines. We therefore do not send students away on 'study leave' but instead design our own in-house revision programme for during the school day. This combines a mixture of normal lessons and bespoke revision sessions just prior to that exam (the schedule was sent to all year 11 parents on Friday). Please do contact the Year 11 team if you have any questions.

A REMINDER ABOUT UNIFORM EXPECTATIONS

As part of our commitment to maintaining a conducive learning environment, we wish to remind you of our school's uniform policy.

1.Girls' Skirt Length: It is important that girls' skirt lengths adhere to the guideline of being on or below the knee. This ensures uniformity across the school.

2.School Trousers: For both boys and girls, school trousers should be 'loose fitted and **NOT** of 'skinny fit'. Trousers should be worn at the waist and **NOT** on the hips. This helps to maintain a smart appearance throughout the day.

We also want to emphasise that persistent violations of the uniform policy will not be taken lightly. Appropriate sanctions will be implemented for students who continue to disregard these guidelines.

Thank you for your attention to this matter and your ongoing support in upholding the standards of our school community.



Mental Health Week: How to support your child

Monday May 13th 2024 marks the start of Mental Health Awareness

week at Heron Hall Academy. Mental health is something we all have and our place on the mental health spectrum throughout our lives can change. This can be a result of a trauma, life experience and in some cases for no reason at all. We want our students to understand the importance of taking care of our mental health, the signs to look for when someone may be having a crisis or struggling, and where to go to seek help.



This year's focus for Mental Health Awareness week will be "Movement: Moving more for our mental health". Movement is important for our mental health. But so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

The mental health charity Mind published the following information:

'1 in 6 young people in England (aged 5 to 16) experienced a mental health problem in 2020, up from 1 in 9 in 2017. Nearly one-third of 16-24 year olds in the UK (31%) reported some evidence of depression or anxiety in 2017 to 2018. This is; up from the previous year (26%) and the same period five years earlier (26%)'

During form time this week as a SMSC topic we will be looking at informing students how they can support themselves, and encouraging discussion around mental health and especially anxiety.

At home we would like you to continue the conversation around mental health and anxiety and make sure your children know they can discuss this with you.

What can you do?

If you need more information on the raise in mental health conditions in young adults, teens and children, please look into young minds who are also available to support you and your child if there are any mental health concerns
<https://www.youngminds.org.uk/>

Want to find out more about anxiety, some of the physical, psychological and behavioural symptoms as well as how to manage them in your child, then visit Anxiety UK for support and advice and fundraising activities
<https://www.anxietyuk.org.uk/>

EMPOWERING STUDENTS WITH EFFECTIVE STUDY SKILLS: MAXIMIZE VISITS HERON HALL



Two weeks ago, Heron Hall welcomed MAXMIZE, a company dedicated to empowering students with essential study skills. As our Year 12 students gear up for their Mock exams post-May half term, MAXMIZE brought real-life examples and practical strategies to the table, igniting motivation and fostering ambition among our students.

The session was nothing short of invaluable. MAXMIZE didn't just lecture; they engaged our students, sharing insights and guidance that will undoubtedly shape their academic journey. With exams looming and decisions about their future pathways on the horizon, the timing couldn't have been better.

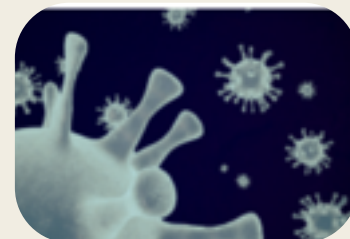
As parents, you understand the importance of effective study habits in shaping your child's educational success. MAXMIZE's visit not only supplements the learning that takes place in the classroom but also equips our students with the tools they need to excel independently.

We encourage you to continue supporting your child's academic endeavours by reinforcing the study techniques and strategies discussed during MAXMIZE's visit. Together, we can empower our students to reach for the stars and achieve their highest ambitions.

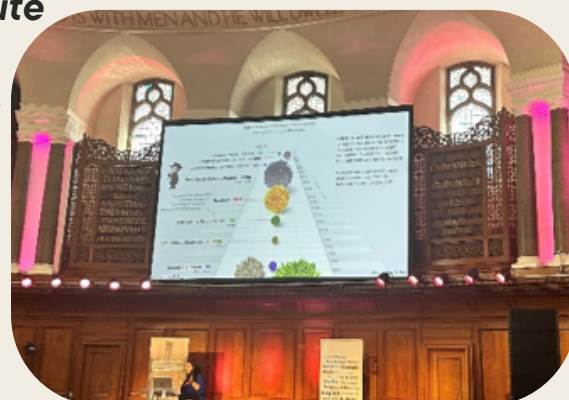
Thank you to MAXMIZE for their insightful session, and to our students for their attentive participation. Here's to a successful exam season and bright futures ahead.

BIOLOGY IN ACTION: A DAY OF INSIGHTFUL LECTURES IN LONDON

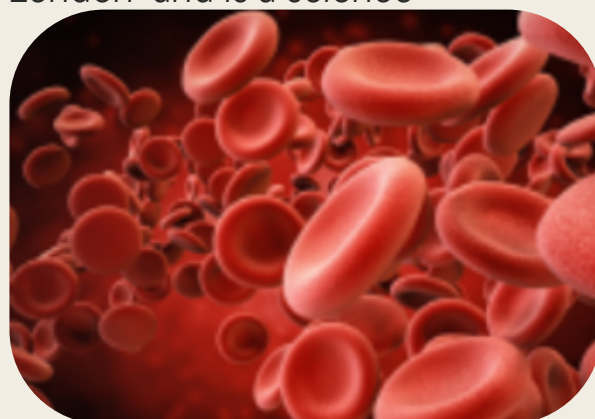
In the spring term, Madam Hon and Mr Sisupalan and our Year 12 Biology attended a day of fascinating lectures in London. The topics covered cutting edge research and informative discussions on a diverse range of current issues from the world of Biology. As it was National Careers Week, the lectures all had a careers focus to help explain to students the different routes there are in to Biological Research and the many International opportunities.



In one of our students favourite lecture, **‘Pathogens, Plagues and Prehistory’** by **Pooja Swali, PhD student at The Francis Crick Institute & Science Communicator**, we learnt how this is not the first time our species has been plagued by diseases and pandemics. Evidence of infectious diseases is littered throughout historic literature, art and text. A small handful of these diseases even go as far as leaving visual evidence on bones, only to be uncovered by archaeologists thousands of years later. Pooja gave a first-hand account of her research and her findings.



In another lecture, **‘Transforming Trauma’** by **James Piercy** works as engagement and involvement manager at Queen Mary University London and is a science communicator, trainer and consultant. In the last 15 years the number of people dying from major trauma has halved. James explained how understanding the process of blood clotting has driven the improvement and explained how current research is aiming to save even more lives.



BIOLOGY IN ACTION.....CONT

Our students found the **'Is it worth it?'** lecture particularly interesting by **Helen Pilcher, Author and Science Communicator** as it related to what the students are currently studying and provided a real life application of their knowledge.



There are only two northern white rhinos left. Saving them will involve some cutting edge biology, but it's going to be challenging and very expensive. So is it worth it? Students were able to consider the dilemmas posed by modern day conservation.



In addition, the students were treated to a lecture from **Ms Estruch**, who specialises in **creating engaging content across various social media platforms, such as YouTube, TikTok, and Instagram**. Ms Estruch helped students to understand how to 'unlock their potential' by understanding their exam results and setting targeted goals. Ms Estruch highlighted the 'mistakes they have been making' and how to overcome them to improve their exam technique.



It was an enjoyable, useful and informative day!

A WEEKEND OF ADVENTURE AND LEARNING: YEAR 11'S JOURNEY AT BOWLES ROCKS

The weekend kicked off with bespoke revision sessions tailored to reinforce key concepts in Maths and English. Led by passionate and dedicated teachers, students had a blend of bespoke revision sessions meticulously crafted to reinforce fundamental concepts in Mathematics and English and strengthening their skills and understanding.



However, it wasn't all about academics. Our students also engaged in a series of adrenaline-pumping team-building activities, including abseiling, rope walking, and the daring 'leap of faith'. With each challenge, they demonstrated remarkable resilience and courage, pushing themselves beyond their comfort zones.

What made this experience truly special was the active involvement of our teachers. Alongside their students, they enthusiastically participated in the activities, offering support and encouragement every step of the way. Many participants, both students and teachers alike, found themselves overcoming their fears and accomplishing feats they never thought possible. Though it was an adventure filled with first-time experiences, it was an experience they will cherish forever.

We extend our heartfelt thanks to Mr. McKinniss, Mr. Barnett, Mr. Okoro, Madam Eshemomoh, Madam Sharma, Madam Chalmers, and Madam Walters for their support throughout the trip. Their commitment to our students' growth and development is truly commendable.

As our Year 11 students return from this memorable excursion, we are confident that they are not only better prepared for their exams but also equipped with invaluable life skills that will serve them well beyond the classroom.

continued.....

**WEEKEND OF ADVENTURE AND LEARNING: YEAR 11'S JOURNEY
AT BOWLES ROCKS.....IN PICTURES**



**Revision
and
Team Building
Activities
at
BOWLES ROCKS**



WEEKEND OF ADVENTURE AND LEARNING: YEAR 11'S JOURNEY AT BOWLES ROCKS.....IN PICTURES CONT



Students' Feedback:

"Never had this experience of bonding with my classmates outside of the school environment. The revision sessions went well I did Further Maths papers and I was complete higher level questions which I wouldn't have been able to do in lessons."

Theodor Obiany - Head Boy

"I liked the team work and working with my friends. During the activities I had the support from the teachers and my friends which helped me get over my fear of heights."

Teah Pereira - Head Girl

NAVIGATING THE EXAM JOURNEY TOGETHER: A GUIDE FOR PARENTS

As parents, we understand the whirlwind of emotions that come with supporting our children through their GCSEs. The stress, the worry, the feeling of helplessness—it can be overwhelming at times. But fear not, for there are ways we can support our children through this challenging period while maintaining our sanity.

Here are seven practical ways to navigate the exam journey alongside your child:

Study timetable: No one wants exams dates to come as a surprise!

It's a good idea to help your child to make a timetable that incorporates key dates. As well as the exam dates themselves, your child should work out how much time should be spent studying their subjects. Each subject should get its fair share of study time, but if there are weaker or stronger ones it may be OK to allocate time accordingly. It's helpful if the timetable is broken down into short, regular study periods - these are much better for retaining the information than one-off cramming sessions which last hours. Any timetable worth its salt will definitely include breaks and treats! Brains and bodies need a rest - this will actually help to absorb all that information and rewards are a great way to create targets to work towards.



Family Calendar: Plan your family events and holidays around your child's exam schedule. Avoid booking trips during crucial study periods, such as the half term before exams. Consider scheduling a well-deserved holiday post-exams to celebrate their hard work.

Study Spaces: Discuss with your child where they prefer to study and help them create a conducive environment. While bedrooms are common study spots, consider alternative locations like the kitchen table or a local library to minimise distractions.

Taking an Interest: Find moments to engage with your child about their studies, but respect their boundaries. Some may welcome discussions, while others prefer privacy. Use casual activities like driving or walking the dog as opportunities for conversation.

Offering Help and Support: Let your child know you're there for them, whether it's for testing, talking to teachers, or sorting out problems. Be supportive without being overbearing, allowing them to take the lead in seeking assistance.

Routines: Establish consistent routines at home to support your child's study habits. Set meal times, bedtimes, and allocate time for relaxation and activities. Consistency fosters discipline and helps them manage their time effectively.

Managing Distractions: Address screen time early on and establish clear rules and routines. Involve your child in setting boundaries around phone and gaming use, ensuring they understand the importance of balance during the exam season.

Remember, finding the right balance between support and independence can be challenging, but trust in your instincts and your child's resilience. Together, you can navigate this journey with positivity, understanding, and unwavering support.



IMPORTANT UPDATE: GCSE EXAM TIMETABLES FOR YEAR 11 STUDENTS

As we approach the crucial period of GCSE exams in May, we want to ensure that you and your child are fully informed and prepared. Last Friday, all Year 11 students received their personalised exam timetables, detailing the dates, times, and locations of their individual exams.

It is essential that both you and your child review the personalised timetables carefully to ensure they are aware of their exam schedule. Encourage your child to check their timetable and reach out to their teachers or the school if they have any questions or concerns.

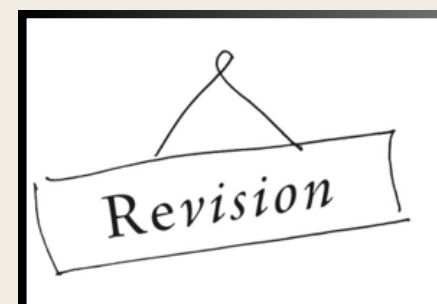
As we enter this important phase of their academic journey, we ask for your continued support and encouragement. Please ensure that your child gets plenty of rest, maintains a healthy lifestyle, and approaches their exams with confidence and positivity.

We wish all our Year 11 students the best of luck as they prepare for and sit their GCSE exams. With hard work, determination, and support, we are confident they will achieve great success.

Date	Exam Time	GCSE Exams 2024
Thu, 09 May 2024	am	Religious Studies A P1 Islam / Christianity
Thu, 09 May 2024	pm	Drama - Set Text A Theatre Makers
Thu, 09 May 2024	pm	Italian Reading / Listening Test Tier
Fri, 10 May 2024	am	Combined Sci Trilogy Biology
Fri, 10 May 2024	am	Biology Paper 1 Tier H
Fri, 10 May 2024	pm	Sociology Paper 1
Mon, 13 May 2024	am	English Literature Paper 1
Mon, 13 May 2024	pm	Sport Studies: Cntmpry Issue Sprt Wtn
Mon, 13 May 2024	pm	Turkish Reading / Listening
Tue, 14 May 2024	am	French Listening / Reading
Tue, 14 May 2024	pm	Health & Social : U2 Equality Diversity & Rights
Tue, 14 May 2024	pm	Business Paper 1
Wed, 15 May 2024	am	History Paper 1
Wed, 15 May 2024	pm	Arabic Listening / Reading
Wed, 15 May 2024	pm	Comp Science : Computer Systems
Thu, 16 May 2024	am	Maths Non Calculator
Thu, 16 May 2024	pm	Religious Studies P2a Excl Text
Thu, 16 May 2024	pm	Health & Social U3 Health Safety & Security
Fri, 17 May 2024	am	Combined Science Trilogy Chemistry
Fri, 17 May 2024	am	Chemistry Paper 1
Fri, 17 May 2024	pm	Geography Global Geog. Issues

IMPORTANT UPDATE: GCSE EXAM TIMETABLES FOR YEAR 11 STUDENTS CONT..

Date	Exam Time	GCSE Exams 2024
Mon, 20 May 2024	am	English Literature Paper 2
Mon, 20 May 2024	pm	Italian Writing
Mon, 20 May 2024	pm	Turkish Writing
Mon, 20 May 2024	pm	Health & Social : U1c Princ Of Wkg
Tue, 21 May 2024	am	Citizenship Studies Paper 1
Tue, 21 May 2024	pm	Sociology Paper 2
Tue, 21 May 2024	pm	Comp Science: Comp Think Algrthm Prgrm
Wed, 22 May 2024	am	Combined Sci Trilogy Physics
Wed, 22 May 2024	am	Physics Paper 1 Tier H
Wed, 22 May 2024	pm	Physical Education Paper 1
Thu, 23 May 2024	am	English Language Paper 1
Thu, 23 May 2024	pm	Arabic Writing
Fri, 24 May 2024	am	French Writing
Fri, 24 May 2024	am	Food and Cookery
Mon, 03 Jun 2024	am	Maths Calculator
Mon, 03 Jun 2024	pm	Citizenship Studies Paper 2
Mon, 03 Jun 2024	pm	Physical Education Paper 2
Tue, 04 Jun 2024	am	Spanish Listening/ Reading
Tue, 04 Jun 2024	pm	History Paper 2
Tue, 04 Jun 2024	pm	Health and Social Ed3hsc: U1 Safeguarding
Wed, 05 Jun 2024	am	Uk Geographical Issues
Wed, 05 Jun 2024	pm	Health and Social Co2hs: U2c H & S In Practice
Wed, 05 Jun 2024	pm	Business Paper 2
Thu, 06 Jun 2024	am	English Language Paper 2
Fri, 07 Jun 2024	pm	Biology Paper 2 Tier H
Fri, 07 Jun 2024	pm	Combined Sci Trilogy Biology
Mon, 10 Jun 2024	am	Maths Calculator
Mon, 10 Jun 2024	pm	Spanish Writing
Tue, 11 Jun 2024	am	Chemistry Paper 2
Tue, 11 Jun 2024	am	Combined Sci Trilogy Chemistry
Tue, 11 Jun 2024	pm	Further Mathematics Paper 1
Wed, 12 Jun 2024	pm	Portuguese Reading/ Listening
Fri, 14 Jun 2024	am	Geography People & Environ. Issues
Fri, 14 Jun 2024	pm	Physics Paper 2
Fri, 14 Jun 2024	pm	Combined Sci Trilogy Physics
Mon, 17 Jun 2024	pm	Music: Listening And Appraising
Tue, 18 Jun 2024	am	Design And Technology Written
Tue, 18 Jun 2024	pm	Portuguese Writing
Wed, 19 Jun 2024	am	Further Mathematics Paper 2



Year 11 Prom - MASQUERADE BALL

As the academic year progresses, we find ourselves approaching a significant milestone, the culmination of five years of hard work, growth, and unforgettable memories with our Year 11 students.

It is with great excitement that we announce the upcoming Year 11 Prom, a celebration marking the end of an era and the beginning of new adventures. The prom will be taking place on Heron Hall's premise on Friday 28th June, 2024.



Prom promises to be a memorable evening filled with laughter, dancing, and camaraderie, set against the enchanting backdrop of our Masquerade Ball theme.

To ensure the success of this event, we kindly ask for your support in our fundraising efforts. Our students are actively working towards covering the costs associated with Prom, and any contributions in the form of funds, food, or decorations would be greatly appreciated. If you would like to contribute in any way, please reach out to Madam Chalmers at cchalmers@northstartrust.org.uk.

More details regarding ticket purchases and event timings will be provided in the near future. We look forward to celebrating this milestone with our Year 11 students, as we bid farewell to one chapter and eagerly anticipate the next.

Thank you for your continued support.

HERON HALL FOOD BANK: SUPPORTING FAMILIES IN NEED

Through the dedication and generosity of our school community, we have expanded our storage facilities to accommodate a wider range of dried food goods, allowing us to provide assistance to more families in need.

The Heron Hall's Food Bank is centrally organized and operated from the main school office. However, we are especially proud to introduce a group of Year 9 student leaders who have taken on key responsibilities to ensure the smooth running of the food bank such as:

- Regular stock takes*
- Organise for donations to be collected*
- Keep the food bank stocked up with on date items*
- Keep storage space clean and tidy.*

We understand that times may be challenging for some families, and we want to assure you that support is available. If you believe that you could benefit from the services of the Heron Hall Food Bank, please do not hesitate to reach out to the school office. Your privacy and dignity will be respected, and all requests for assistance will be handled with care and confidentiality.



HHA PTA ONLINE PRELOVED UNIFORM SHOP....COMING SOON

We are excited to announce the upcoming launch of the Heron Hall Academy Online Preloved Uniform Shop, an initiative aimed at providing a convenient and sustainable solution for uniform needs within our school community.



The launch of the Online Preloved Uniform Shop aligns with our commitment to fostering a culture of sustainability and resourcefulness at Heron Hall Academy. It also reflects our dedication to supporting families by providing practical solutions to everyday needs.

Stay tuned for further details on how to access and participate in the Online Pre-loved Uniform Shop. We look forward to your engagement and support in making this initiative a success for our school community.

In the meantime, if you require any information or need to purchase uniform items before the launch, please don't hesitate to contact the main office. We are here to assist you in any way we can.



TUNE UP! DOUBLE BASS

ENFIELD MUSIC SERVICE

To encourage more pupils to learn to play the Double Bass, Enfield Music Service are offering new pupils fully funded lessons for the Spring and Summer terms at our after-school centre. Parents/carers only need to pay for instrument hire (£40 per term) until September 2024.

We're running taster sessions on **Monday 29th January** for pupils to find out more about the instrument and try playing one to see if they'd like to learn:

For primary school pupils in Years 4, 5 or 6

4:30 - 5:00pm

5:00 - 5:30pm

For secondary school pupils

5:30 - 6:00pm

6:00 - 6:30pm

Sessions will take place at
Enfield County Lower School
Rosemary Avenue, EN2 0SP

To book a spot, please email
robert.domingue@enfield.gov.uk



HEALTH AND WELLBEING



Free online health and wellbeing courses

Enfield Council has partnered with the Solihull Approach, to sponsor a 12-month programme of free online courses developed by psychologists and professionals to support individuals and families, to help them understand the changes in their children's developmental stages and to strengthen the relationships between children, young people and their carers. There are free courses for parents and carers, including: understanding pregnancy, labour and birth; understanding your child's mental health and wellbeing and understanding your teenager's brain. [Watch this YouTube video](#), where the Solihull Approach is explained and [sign up for courses online](#).



Why you should get your blood pressure checked

Elevated blood pressure can cause strokes, heart attacks and other cardiovascular complications. Most people don't even know they have it. A simple, one minute arm squeeze could prevent this. May Measurement Month encourages people to get their blood pressure checked. The [May Measurement Month website](#) has some brilliant information on understanding blood pressure figures and shows how to check your blood pressure from home. May Measurement Month is a global blood pressure screening awareness campaign, launched in 2017 by the International Society of Hypertension.



Early Help Directory

Welcome to 'Enfield's Early Help Directory 4 All' This directory brings together local and national services to support children, families, community members and practitioners.

 Early Help Directory

YOUNG PEOPLE...NEWS



London Youth Games: badminton and hockey trials

The [London Youth Games](#) are well underway and trials for badminton, hockey and girls football are taking place soon. If you're keen to be a part of either the badminton or girls football teams, contact sport@enfield.gov.uk to register for trials. Badminton trials will be held on 17 May and you must be aged between 11 and 17 and have your own racket. Girls football trials will take place on 7 May and you must be in years 7 to 10. Hockey trials for the under 14s team will take place on 4 May and you can [find the registration form for trials here](#). To be a part of any of these teams you must live or go to school in Enfield.



Celebrating TCS Mini London Marathon's Team Enfield

The spirit of Enfield blazed brightly at the TCS Mini London Marathon Championships, as 32 remarkable young athletes took to the streets of London to proudly represent the borough. Teams were put forward in six categories. Notably Jorjia Marsh achieved an outstanding feat in the U15 girls race to clinch second place overall and first amongst the London boroughs. Many congratulations to every single participant and all the volunteers and coaches who took part in the fantastic event. If you're a talented young runner interested in competing next year, contact sport@enfield.gov.uk and join the legacy of champions.

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Early Help Directory

FINANCIAL HELP



Extension to Household Support Fund announced

A six-month extension to the Household Support Fund (HSF) has been confirmed by the government in the Spring Budget. More than 170 councils in England had called for the Chancellor of the Exchequer to extend the household support fund which was due to cease at the end of March, including Enfield Council. Enfield Council was concerned that without the HSF extension, families risked falling into crisis, homelessness, and poverty. Information on how the HSF works and the eligibility criteria can be found [on Enfield Council's website](#), which will be updated as more information is confirmed.



Young People Categories: Activities & Clubs

There are many different types of activities and clubs that can provide a fun outlet whilst helping expand your social network and build your confidence. Bein...

Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS
ASSOCIATION OF YOUNG EXPERTS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline

ONLINE, ON THE PHONE, ANYTIME

Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Urgent and other support available

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX
Essential support for under 25s

The Mix provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine