

OPTIMA RCT help and support information

If the information in STEPS is raising major concerns about you or your child, or if you are feeling at crisis point and feel that things are really getting out of hand, please get in touch with your local clinical services.

To contact a CAMHS Duty Worker, or clinician during **office hours** (Monday to Friday, 9am to 5pm) please **choose the service within your local area** and call one of the following numbers:

London

For Croydon CAMHS call: **020 3228 0000**

For Lambeth CAMHS call: **020 3228 7370**

For Lewisham CAMHS call: **020 7138 1250**

For Southwark CAMHS call: **020 3228 7777**

Hampshire

For Portsmouth CAMHS call: **0300 123 6632**

For Southampton CAMHS call: **0300 123 6661**

Nottinghamshire

For Single Point of Access call: **0115 8764000**

For Behavioural and Emotional Health team call: **0115 8761716**

Kent

For Single Point of Access call: **0800 011 3474**

Dudley

For Dudley CAMHS call **01384 324689**.

Urgent mental health support outside office hours:

For Hampshire call 111 or visit www.111.nhs.uk to speak to the Mental Health Triage Service.

[Nottinghamshire mental health crisis helpline](#) for people of all ages.

Call: **0808 196 3779** (24 hours).

For South London call **0800 731 2864** (Option 1) to speak to SLaM mental health crisis line.

For Kent, to receive out of hours support please call the Single Point of Access team available 24 hours a day, on **0800 011 3474**.

Nationwide:

[Samaritans](#) provide support to everyone, who needs is. Call **116 123** (24 hours).