



CARRERS

I N F O R M A T I O N

Carers Contactline: 020 8649 9339

IF YOU NEED HELP IN AN EMERGENCY CALL:

MENTAL HEALTH HELPLINE: 0800 318 721

Confidential service for People in Croydon who have mental health problems or support them - open evenings, nights weekends and bank holidays.

NHS DIRECT: 0845 4647

24 Hour confidential helpline providing advice, assistance and information on a wide range of health issues.