

PARENTS' NEWSLETTER

Fortnightly

Edition 20

January 20, 2025

HAPPY NEW YEAR

We are delighted to welcome back our students for what promises to be a busy and exciting spring term.

This term is particularly significant for our Year 11 and Year 13 students as they prepare for their summer exams. Many Year 11 students have been invited to attend at least one intervention session this half term to help them prepare for their mock exams. We encourage you to support your child in taking full advantage of these opportunities to revise, prepare, and build the skills and confidence needed for the challenges ahead.

To ensure a smooth and productive start to the term, please check that your child is equipped with the necessary supplies. All students should have the following items: a pen, a pencil, an eraser, a ruler, a scientific calculator and their PE kit. If you experience any difficulties in obtaining these items or have any questions, please don't hesitate to reach out to the school admin office at heron@northstartrust.org.uk.

As we embark on the spring term, we want to emphasise the importance of **attendance and punctuality** in your child's education. Being present and on time each day ensures that your child can fully engage with their learning, build positive habits, and make the most of the opportunities available at Heron Hall Academy.

Let's work together to ensure our students are well-prepared and ready to succeed this term. Your collaboration and engagement are vital in creating a productive learning environment. Thank you for your continued partnership with Heron Hall. We look forward to a fulfilling spring term for everyone.

Mr Barzey
Headteacher



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



Upcoming Events

- **Thursday, 23rd January: Year 12 Parents' Evening**
- **Tuesday, 28th January: PTA Coffee Morning**
- **Thursday, 30th January: Year 9 Options Evening**
- **Thursday, 6th February: Year 9 Parents' Evening**
- **17th - 21st February : HALF TERM**
- **24th Feb - 7th March: Y11 and Y13 Mock Exams**

**SAVE
the DATE**

- **Thursday, 23rd January
- Year 12 Parents' Evening**
- **Tuesday, 28th January
- PTA Coffee Morning**
- **Thursday, 30th January
- Options Evening**

Join Us for the PTA Meeting

Happy New Year!

We are excited to continue working together with you this year to address important topics that support both our students and the school community. Your input and collaboration are especially valuable as we navigate the challenges of the current economic climate.

Our next PTA meeting will take place on 28th January, and we warmly invite all parents and guardians to join us. During the meeting, we will be discussing:

Punctuality and attendance: Exploring ways to ensure students are consistently present and on time.

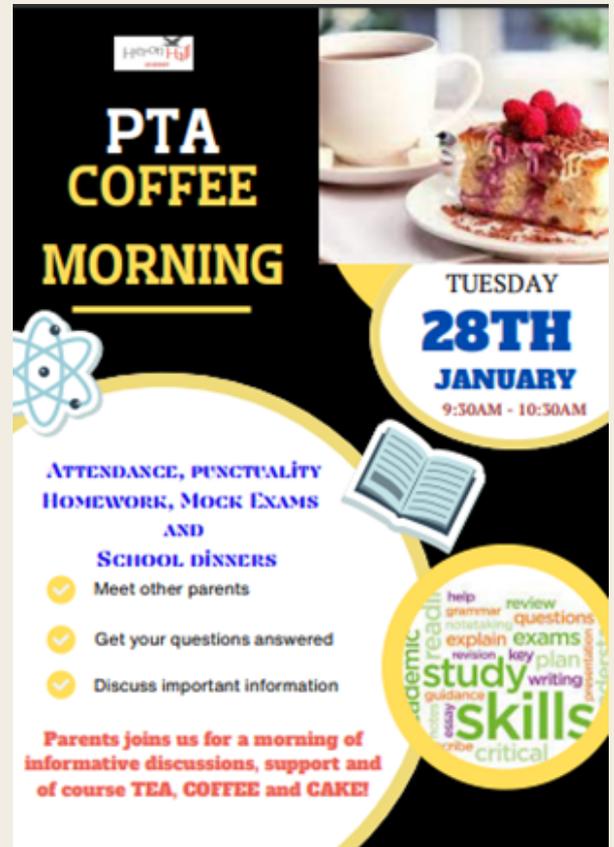
Homework: Sharing strategies to support students in staying on top of their assignments.

Mock exams for Years 11 and 13: Guidance on how to support students in their revision.

School dinners: Reviewing current provisions and discussing ways to enhance the dining experience for our students.

Your voice matters, and your involvement helps us create a supportive and thriving environment for all.

We look forward to seeing you there.



Year 11 - Supporting Your Child Through the Final Push to GCSE Success

Last term, you received your child’s mock exam results along with their predicted grades. Now, as we enter the crucial months leading up to the GCSE exams, we are focused on helping students **prepare effectively to achieve their full potential.**

Intervention Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am – 8:30am	Drama	Further Maths	Maths – Mr Wallace only	Maths – Mr Vora class only	
3:30pm – 4:30pm	Computer Science	Art	Business		Triple
	French	Business Studies	Citizenship		Combined Science
	Geography	Design Technology	Design Technology		
	History	Drama	Drama		
	RE	Food Technology	Food Technology		
		French	GCSE PE		
		History	Sociology		
		Sociology			
		Spanish			
	Sports Studies				

To support students, we have planned a series of intervention sessions over the coming weeks. These sessions are tailored to ensure students stay on track and meet their target grades.

- **Timing of Sessions:** Sessions will take place before school, after school, and during form time. We are also using form time to focus on key subjects such as Science and Maths, so excellent punctuality is vital to ensure your child doesn’t miss out.
- **Targeted Support:** Subject teachers have carefully selected students for these sessions based on their progress and potential. We have prioritised subjects that are most likely to contribute to your child’s ‘best 8’ qualifications, as well as those where intervention can make a significant difference in grade outcomes.

It is highly recommended that students attend all sessions assigned to them to maximise their chances of success. Your support in encouraging their attendance and engagement is greatly appreciated.

Together, we can ensure that your child is well prepared and confident as they approach their exams. Thank you for your continued partnership in their education.

Supporting Your Child During the Exam Season

Tests and exams can be a challenging time for children, young people, and their parents or carers. However, there are effective ways to help ease the stress and support your child through this period.

Recognising Signs of Stress

Children and young people under stress may:

- Worry excessively or feel tense
- Experience headaches or stomach pains
- Struggle to sleep well
- Become irritable or moody
- Lose interest in food or overeat
- Withdraw from activities they previously enjoyed
- Feel negative, hopeless, or overwhelmed



How You Can Help

- Be a listening ear: Encourage your child to share their worries. Talking to a parent, tutor, or study buddy can help them put things into perspective.
- Connect with school staff: If your child feels overwhelmed, encourage them to talk to a trusted teacher or staff member. If you're concerned about how they're coping, don't hesitate to reach out to their teachers for additional support.
- Involve your child: Work together to create a manageable revision plan that balances study time with breaks and relaxation.

By providing reassurance, encouragement, and practical support, you can help your child navigate the pressures of tests and exams with confidence. Remember, their wellbeing is just as important as their academic success.



Year 13 UCAS Success

Our Year 13 students have been hard at work completing and submitting their UCAS applications to secure university places for September 2025.



With the dedicated support of their Sixth Form tutors and Head of Year 13, Mr. Angeletos, students have been guided through every step of this important journey. They have also benefited from expert advice provided by university admissions tutors, who visited HHA Sixth Form to deliver invaluable sessions on crafting strong applications and understanding what makes a competitive candidate.

We are thrilled to share that our students have already received offers to study a range of courses, including midwifery, childhood studies, nursing, counselling, optometry, and radiography. These offers come from prestigious institutions such as City, Hertfordshire, Greenwich, Middlesex, and Nottingham, among others.

We are incredibly proud of our Year 13 students' achievements as they navigate the competitive university application process. Their hard work and determination are truly commendable, and we look forward to celebrating their continued success.

Anxiety disorders in children and adults:- Generalised Anxiety Disorder

Feeling anxious for most of the time for no apparent reason It's normal for children to frequently have fears and worries. Some anxious children may develop a condition called **generalised anxiety disorder** when they get older.



Generalised anxiety disorder causes you to feel anxious about a wide range of situations and issues, rather than one specific event. It's a feeling of constant fear or dread all the time that makes doing daily tasks hard because of feelings of anxiety.

People affected by it feel anxious most days and often struggle to remember the last time they felt relaxed.

Generalised anxiety disorder

GAD is a long-term condition. It causes you to feel anxious about a wide range of issues, rather than 1 specific event.

People with GAD feel anxious most days. They often struggle to remember the last time they felt relaxed.

As soon as 1 anxious thought is resolved, another may appear about a different issue.

Speak to your GP if anxiety is:

1. affecting your daily life
2. causing you distress

Your GP will ask you about your symptoms and your worries, fears and emotions.

Causes of generalised anxiety disorder

The exact cause of GAD is not fully understood. It's likely that a combination of several factors plays a role, like:

- overactivity in areas of the brain involved in emotions and behaviour.
- an imbalance of the brain chemicals serotonin and noradrenaline, which are involved in the control and regulation of mood.
- the genes you inherit from your parents -- you're estimated to be 5 times more likely to develop GAD if a close relative has it.

continued

Anxiety disorders in children and adults:- Generalised Anxiety Disorder cont

Causes of generalised anxiety disorder cont.

- having a history of stressful or traumatic experiences, like domestic violence, child abuse or bullying
- having a painful long-term health condition, like arthritis
- having a history of drug or alcohol misuse

However, many people develop GAD for no apparent reason.

Treating generalised anxiety disorder GAD can have a significant effect on your daily life. There are several different treatments are available that can help.



These include:

- talking therapies – like cognitive behavioural therapy (CBT).
- medication – like a type of antidepressant called selective serotonin reuptake inhibitors (SSRIs).

There are also many things you can do yourself to help reduce your anxiety, like:

- trying a self-help course
- exercising regularly
- stopping smoking
- cutting down on alcohol
- drinking less caffeine

With treatment, many people are able to control their levels of anxiety. However, some treatments may need to be continued for a long time. There may be periods where your symptoms worsen.

NEXT EDITION: Anxiety 2

Reading at Heron

Reading is a vital skill that supports your child's academic success and personal development. It enhances vocabulary, improves comprehension, and strengthens critical thinking. Regular reading also boosts creativity, empathy, and focus, helping children to excel not just in school but in life.

Encouraging your child to read daily—whether it's books, articles, or even comics—can foster a lifelong love for learning and open doors to countless opportunities.

Let's work together to make reading a priority at home and in school.



Recommended Reads for Year 7

1. The Boy at the Back of the Class by Onjali Rauf
2. Diary of a Wimpy Kid by Jeff Kinney
3. Murder Most Unladylike (Series) by Robin Stevens
4. The Narnia Chronicles - The Lion, the Witch and the Wardrobe (2nd in series) by C. S. Lewis
5. Refugee Boy by Benjamin Zephaniah
6. Skulduggery Pleasant by Derek Landy
7. Stormbreaker by Anthony Horowitz
8. A Series of Unfortunate Events by Lemony Snicket
9. Artemis Fowl by Eoin Colfer
10. The Fire Within by Chris D'Lacey
11. Groosham Grange by Anthony Horowitz
12. Hacker by Malorie Blackman
13. Heartbeat by Sharon Creech
14. Apple and Rain by Sarah Crossan
15. Black Beauty by Anna Sewell
16. Ballet Shoes by Noel Streatfeild
17. Inkheart by Cornelia Funke
18. Journey to the River Sea by Eva Ibbotson
19. A Kind of Spark by Elle McNicoll
20. Once/Now/Then/After/Soon by Morris Gleitzman
21. Johnny English Reborn by Lynda Edwards



Reading at Heron...cont

Recommended Reads for Year 8

1. The Call of the Wild by Jack London
2. Coraline by Neil Gaiman
3. His Dark Materials Trilogy by Philip Pullman
4. The Hobbit by J.R.R.Tolkien
5. Little Women by Louisa M. Alcott
6. My Family and Other Animals by Gerald Durrell
7. Wonder by R.J Palacio
8. Toffee by Sarah Crossan
9. A Gathering Light by Jennifer Donnelly
10. The Breadwinner by Deborah Ellis
11. The Graveyard Book by Neil Gaiman
12. A Song for Summer by Eva Ibbotson
13. The Garbage King by Elizabeth Laird
14. The Twelfth Day of July by Joan Lingard
15. The Other Side of Truth by Beverley Naidoo
16. She is not Invisible by Marcus Sedgewick
17. Marianne Dreams by Catherine Storr
18. Stone Cold by Robert Swindells
19. Roll of Thunder, Hear my Cry by Mildred D Taylor
20. Teacher's Dead by Benjamin Zephaniah



Recommended Reads for Year 9

1. Things Fall Apart by Chinua Achebe
2. The Enemy by Charlie Higson
3. Itch by Simon Mayo
4. The Set-Up by Sophie McKenzie
5. DropZone by, Andy McNab
6. Noughts and Crosses by Malorie Blackman
7. City of Bones (Mortal Instruments series) by Cassandra Clare
8. Sabriel (Old Kingdom series) by, Garth Nix
9. The Book of Dead Days by Marcus Sedgewick
10. Looking for JJ by, Anne Cassidy
11. The Curious Incident of the Dog in the Nighttime by Mark Haddon
12. Wuthering Heights by Emily Bronte
13. The Fault in Our Stars by John Green
14. The Secret Garden - Frances Hodgson Burnett
15. The Bone Sparrow - Zana Fraillon
16. The Fastest Boy in the World - Elizabeth Laird
17. Girl, Missing - Sophie McKenzie
18. The Moonlight Dreamers by Siobhan Curham
19. Ruby Redfort by Lauren Child
20. The Wall Between Us by Dan Smith



Reading at Heron...cont



Recommended Reads for Year 10

1. Lord of the Flies by William Golding
2. Brighton Rock by Graham Greene
3. Empire of the Sun by J G Ballard
4. Fever Pitch by Nick Hornby
5. Frankenstein by Mary Shelley
6. Instructions for a second heart by Tamsyn Murray
7. Tender by Eve Ainsworth
8. You should see me in a crown by Leah Johnson
9. The inheritance Games by Jennifer Lynn Barnes
10. It ends with us by Colleen Hoover
11. The Lost Hero by Rick Riordan
12. The Adventures of Sherlock Holmes by Arthur Conan Doyle
13. A Thousand Splendid Suns by Khaled Hosseini
14. Holes by Louis Sachar
15. The Strange Case of Dr Jekyll and Mr Hyde Robert by Louis Stevenson
16. Terror Kid by Benjamin Zephaniah
17. Children of Blood and Bone by Tomi Adeyemi
18. Bog Child by Siobhan Dowd
19. Heartstopper by Alice Oseman
20. Saint death by Marcus Sedgwick



Recommended Reads for Year 11

1. The Hate U Give by Angie Thomas
2. The Maze Runner by James Dashner
3. Catcher in the Rye by JD Salinger
4. I know why the Caged Birds Sings by Maya Angelou
5. Twilight by Stephenie Meyer
6. Eleanor & Park by Rainbow Rowell
7. Aristotle and Dante Discover the Secrets of the Universe by Benjamin Alire Saenz
8. Pride and Prejudice by Jane Austen
9. The Adventures of Huckleberry Finn by Mark Twain
10. More than this by Patrick Ness
11. The Kite Runner by Khaled Hosseini
12. Divergent by Veronica Roth
13. Blood Red Road by Moira Young
14. The Cruel Prince by Holly Black
15. The Hunt for Red October by Tom Clancy
16. Animal Farm by George Orwell
17. The Giver by Lois Lowry
18. The Perks of Being a Wallflower by Stephen Chbosky
19. The Green Mile by Stephen King
20. The Book Thief by Marcus Zusak



ATTENDANCE NEWSLETTER

Reminder of the School Day

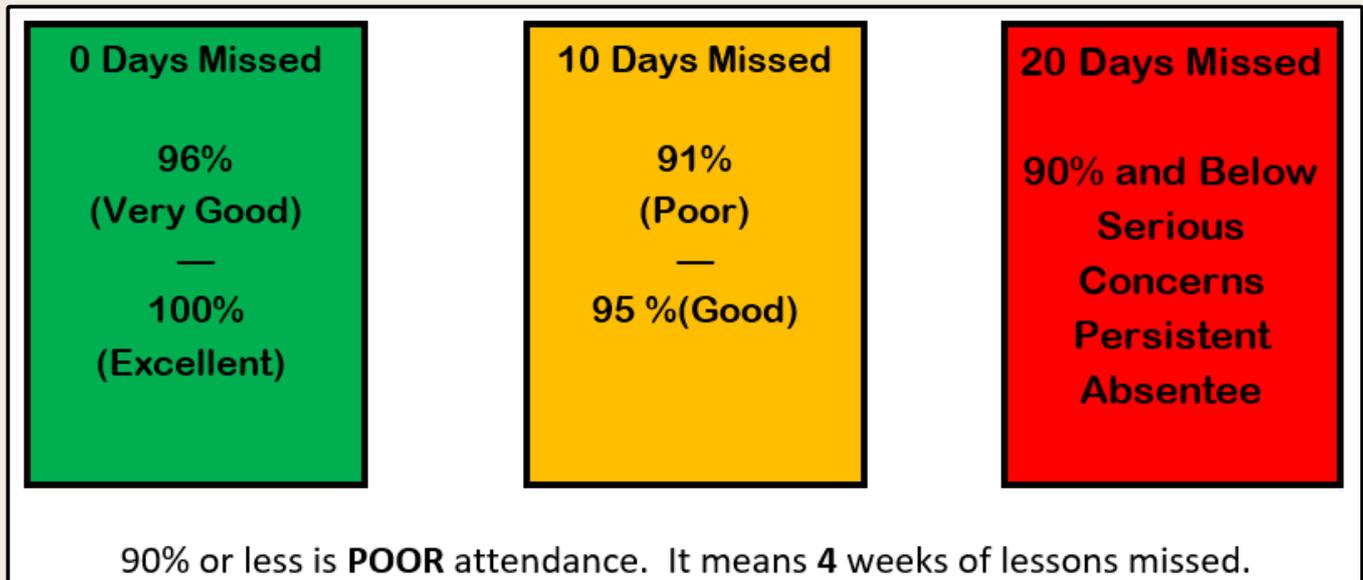
School Schedule	Time
Gates Open	8.00am
School Starts/Form Time	8.40am
School Finishes (Monday, Tuesday, Wednesday, Friday)	3.30pm
School Finishes (Thursday)	2.25pm

How Absence Affects your Child's Attendance?

Did you know?

Your child is expected to attend school for 190 days each year.

There are 175 non-school days each year. This means you have **175 days** to spend on family time, visits, holidays, shopping, household jobs and other appointments.



ATTENDANCE NEWSLETTER cont.

Improving your Child's Attendance

Did you know? Your child receives two attendance marks per day—one for the morning and another for the afternoon.

If you have reported your child unwell in the morning, but they feel better later, you can bring them back to school. Receiving an afternoon attendance mark helps improve their attendance. If your child has an appointment during school hours please bring them to school, whenever possible, before and after the appointment.

Evidence to Support Absences

*You may be asked to provide evidence to support your child/ren's absences if attendance is a cause of concern, where we appreciate it could be difficult to be able to get a sick note, here are some examples of evidence that can be supplied - appointment cards or letters, copies of prescribed medicines, labels or prescriptions. You can email copies of documentation, screenshots to the attendance email which is **heron.attendance@northstartrust.org.uk**. When evidence is provided to support absences, absences are authorised.*

The Importance of Punctuality

Why It Matters:

- Arriving on time sets a positive tone for the day, allowing your child to fully engage in learning and activities.

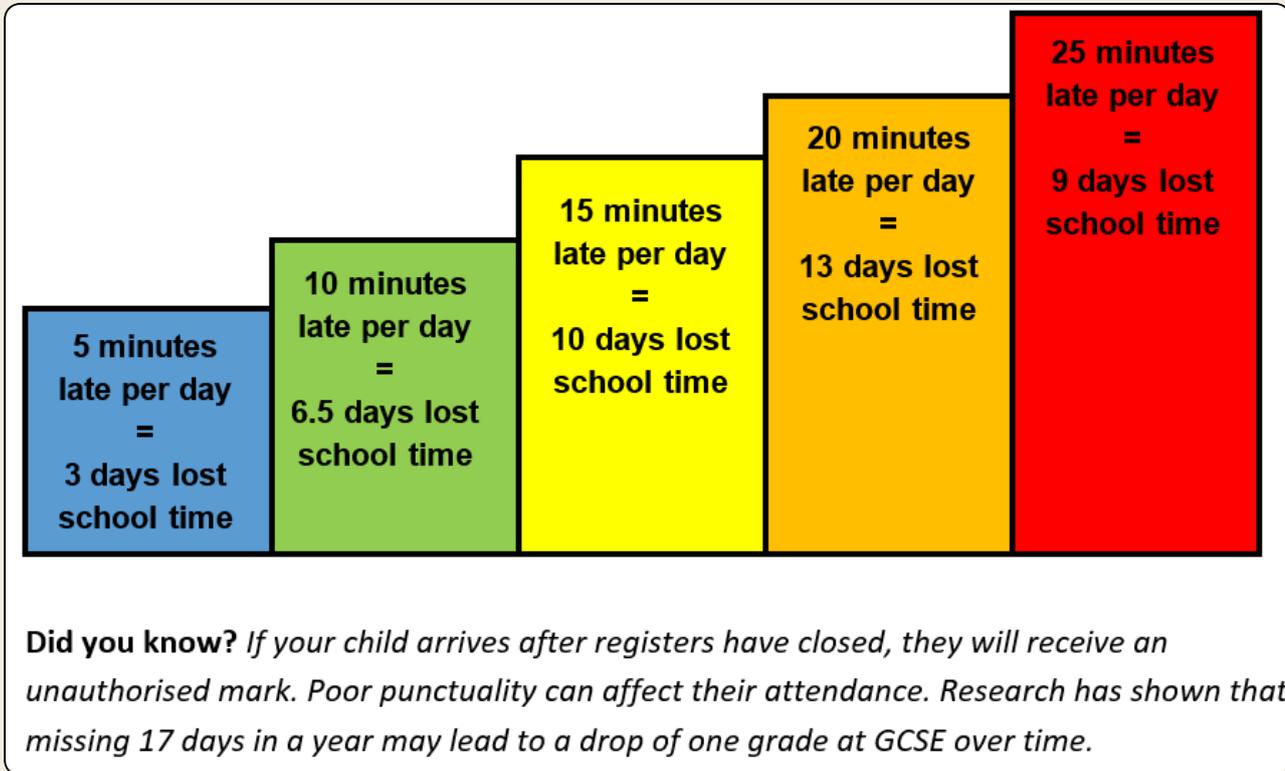
Benefits of Being on Time:

- Good attendance leads to more learning opportunities and increased achievement.
- Punctual students are better prepared and less likely to miss important instructions.

Tips for Building a Routine:

- Prepare clothes and bags the night before.
- Aim to leave home with a few extra minutes to spare.

ATTENDANCE NEWSLETTER cont.



If you need support to improve your child's attendance or punctuality, we are happy to meet with you to discuss any issues you feel are affecting your child's attendance as well as provide support and advice. Please contact Mrs Mendez, the Attendance Lead via heron.attendance@northstartrust.org.uk.

For safeguarding purposes, please notify the school by 8.30am if your child will be absent.



HERON HALL'S FOOD BANK

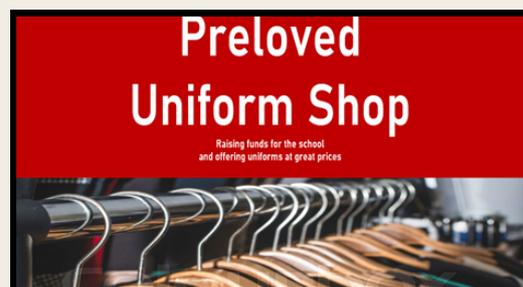
We'd like to remind families that the **Heron Hall's Food Bank** is available for those in need. With expanded storage facilities, we are now able to offer more dried food goods to help support even more families.



The food bank is centrally organised and operated from the main school office. We understand that these may be challenging times for some, and we want to assure you that help is available. If you feel you could benefit from the Heron Hall's Food Bank, please don't hesitate to contact the school office for assistance.

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. In the meantime, you can purchase uniform by emailing the office at:

heron@northstartrust.org.uk.

Preloved Uniform Item	Price
Blazer	£10
Jumper	£5
Shirt	£5

HOMework CLUB

Homework plays a vital role in the academic development of our students. It reinforces what they've learned in the classroom, helps build independent learning skills, and prepares them for upcoming lessons.



At Heron Hall Academy, we recognise the value of consistent practise and revision, and that's why all homework is assigned through **Satchel One**, our homework online platform. By using **Satchel One**, both you and your child/children can easily access homework tasks, track deadlines, and stay organised. We encourage you to check in regularly to ensure your child is keeping up with their assignments.

Homework Expectation for each subject

Years 7, 8 & 9	1 piece per week
Years 10 & 11	1 piece per week 1 targeted revision
Years 12 & 13	1 piece per week 1 targeted revision 1 further reading / activity

Homework Club

We understand that completing homework can sometimes be challenging for students, which is why we are pleased to offer additional support through our Homework Club. We will be running the club three times a week in the school library from **3:30pm to 4:30pm**.

This is a great opportunity for students to receive help with their homework in a quiet, focused environment. Staff will be on hand to assist with any questions, ensuring that students stay on track and complete their assignments on time.

Monday	Wednesday	Friday
Year 7, 8, 9	Any Year Group	Year 10, 11, 12, 13

EXTRA-CURRICULAR CLUBS AT HERON HALL ACADEMY: ENRICHING STUDENT EXPERIENCE

At Heron Hall Academy, we take great pride in our comprehensive Extra-Curricular programme, designed to enrich and enhance our pupils' school experience. These activities provide an excellent opportunity for students to explore interests beyond their academic subjects, ranging from coding, sports, and robotics to baking.



By engaging in these diverse clubs, students not only build new skills but also foster creativity, teamwork, and leadership. Our aim is to produce well-rounded, visionary members of society who are equipped to succeed both inside and outside the classroom.

We encourage all students to take advantage of these clubs to broaden their horizons and make the most of their school journey. The schedule of the extra-curricula clubs is below:

	CLUB	TIME	PLACE	STAFF	STUDENTS
MONDAY	Robotics Club	Lunchtime 12.35pm - 1.15pm	S1.1	Mr Olayebo	KS3 – Years 7-9
	Homework Club	After School 3.30pm – 4.30pm	Library	Mr Kenan	All Years
	Girls Netball	After School 3:30pm – 4:30pm	MUGA / Sports Hall	Madam Grimes	All Years
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Meremikwu	Year 8
	KS4 Art Club	After School 3.30pm – 5.00pm	S.2:7	Madam Knightley	Years 10-11
TUESDAY	Cooking Club	After School 3:30pm -4.30pm	S0.1	Madam Ellis	All Years
	Coding Club	After School 3:30pm – 4:30pm	S1.5	Mr Rahman	All Years
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Bowstead	Year 7
WEDNESDAY	English Intervention	After School 3.30pm-4.30pm	N1.1/W1.4	Mr Jablonka	Year 11
	Film Club	Lunchtime 12.40pm- 1.10pm	N1.7	Madam Broomes	All Years
	Girls Football	After School 3:30pm – 4:30pm	Astro	Madam Vales	Years 7-9
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Charles	Year 9
THURSDAY	Sewing Club	Lunchtime 12.40pm- 1.10pm	S0.1	Madam Ellis	All Years
	KS4 Art Club	Lunchtime 12.40pm- 1.10pm	S.2:7	Madam Knightley	Years 10 & 11
FRIDAY	Author Club	After School 3.45-4.30pm	W1.4	Mr Jablonka	All Years
	KS4 Composition Surgery	Lunchtime 12.35pm- 1.15pm	S2.4	Madam Hester / Mr Tosh	Years 10 & 11
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Bowstead	Year 10

Extra-Curricular Clubs at Heron Hall Academy: Enriching Student Experience cont.

We encourage all students to take advantage of these clubs to broaden their horizons and make the most of their school journey. **You can sign your child up for a club via Arbor.**

How to join

Free clubs on the Parent Portal

The club information page will display membership and timetable information. Any existing membership into the club for the pupil will be displayed. **To sign your child up for the club, click on Register For This Club in the top right-hand corner of the page.**

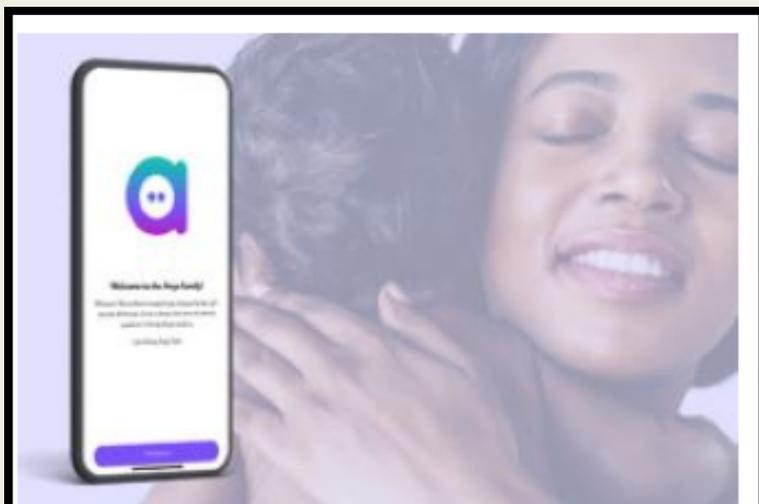


How to join

On the Parent App

To sign up for a club, click the menu icon at the bottom left of your screen. **Select Clubs.**

HEALTH AND WELLBEING



Free 24/7 support app for parents and carers in Enfield

Are you a new parent or a parent to be in Enfield? Enfield Council has announced a partnership with Anya Health to offer a free premium subscription to new parents and caregivers in Enfield. The digital app aims to provide free 24/7 support through key life journeys such as pregnancy, breastfeeding and parenting. You'll also receive personalised advice from an AI virtual supporter around the clock. For more information and to download the app, [visit Enfield Council/Anya](https://www.enfield.gov.uk/council/anya).



Give blood this winter to help save lives

The NHS is sending [an urgent appeal](#) to people to give blood during the winter period. The next few weeks are crucial for blood stocks, due to a slump in donations. The NHS is urging donors to book and stick to their appointments, to ensure they have the blood required by hospitals this winter. Blood is constantly needed to help the NHS treat patients with cancer, blood disorders and those suffering medical trauma or undergoing surgery. Each donation can save or improve up to three lives. [Click here to book your appointment](#).

AVOID BECOMING HOMELESS
Get cost of living help at www.enfield.gov.uk

THE YOUTH PAGE



Photography competition for secondary school pupils

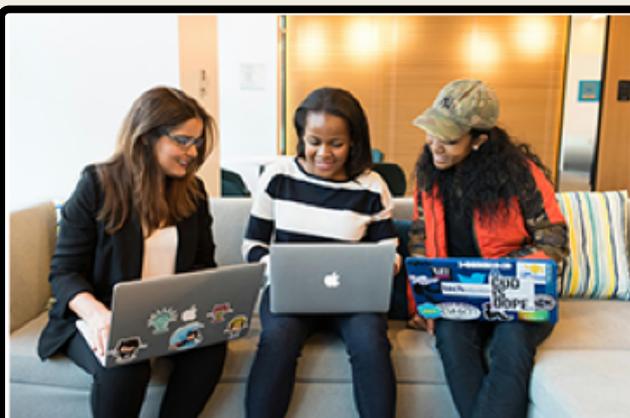
The North London Waste Authority is inviting up-and-coming photographers from secondary schools to enter a photography competition. Pupils are zooming in on the opportunity entitled "nature's resilience in colour". The focus is on scenes where nature is reclaiming urban spaces, such as plants growing through cracks in pavements or wildlife thriving in unexpected places. Entries must be made by a teacher on the students' behalf by 30 January 2025.

[Find out more about the competition.](#)



Website creation and coding

Dugdale Arts Centre is hosting a fun workshop by Atypify to learn web development. The workshops are aimed at neurodivergent females and non-binary people. You will explore HTML, CSS and Javascript, create your own websites and boost your digital skills. The sessions will take place on 18, 25 January and 1 February. [Tickets are free but you must book your space in advance.](#) Sessions are aimed at people aged 14-plus. Atypify is a non-profit, digital inclusion project working with neurodiverse women, girls and non-binary people to bridge the gap in the digital world.



Start up, skill up and pitch for funding

Launch It Labs is back with a new series of in-person and virtual business support programmes for aspiring entrepreneurs and start-up owners local to Enfield wanting to develop their products or services, and launch them to market. Participants can choose from a variety of activities where they can learn important skills, get top tips from experts, network with like-minded local founders and gain a share of £5,000 funding. Do you have a great business idea but need some support? [Find out more.](#)



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...

★ Early Help Directory

FINANCIAL HELP



Changes to six benefits and tax credits

We know that concerns about your finances can be stressful. That's why it's important to know what is happening with six benefits and tax credits. Housing Benefit, Income Support, Income-Based Job Seeker's Allowance, Income-Related Employment and Support Allowance, Working Tax Credits and Child Tax Credits will be combined into one single monthly payment. People who receive these benefits will receive a 'Migration Notice' to let them know they need to claim Universal Credit instead. Payments won't be moved automatically. Don't ignore your letter as it explains what you need to do next.



Young People Categories: Activities & Clubs

There are many different types of activities and clubs that can provide a fun outlet whilst helping...

★ Early Help Directory

Urgent mental health support - 24/7 crisis lines



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
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	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

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>

Urgent and other support available

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

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](#)

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

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