

CNWL All Age Single Point of Access (SPA)

The CNWL SPA has expanded its service to include under 18-year olds!

CNWL Single Point of Access is a 24hr telephone service for children, young people and adults who may be experiencing a mental health crisis.

The crisis line provides an opportunity to talk to mental health practitioners who specialise in child, adolescent and adult Mental Health.

The crisis line also provides advice and information for families, carers and professionals concerned about a person who may be experiencing a mental health crisis.

Contact us:

In a mental health emergency, you can contact us via our single number:

Freephone: 0800 023 4650

We are open 24 hours a day, 7 days a week, 365 days a year



NHS

**Central and
North West London**

NHS Foundation Trust

*Hello Single
Point of Access,
how can I
help?*

A hand-drawn speech bubble with a thick black outline, containing the text "Hello Single Point of Access, how can I help?" written in a casual, handwritten style.

Please avoid visiting hospital A&E (Accident and Emergency) departments unless you have a physical health emergency. The number above will connect you to an adult mental health or children and adolescent mental health practitioner depending on your needs.

If you are or you are with someone who requires urgent medical attention call 999.

If you or anyone with you is at serious risk of harm, call 999 and ask for the police.

There are also many useful links to local support and resources on our [service](#) and [resources](#) pages. For example [Kooth](#), an on-line, free and confidential counselling and emotional wellbeing support service for children and young people.