



# **what's up?**

***A serious guide to  
mental health.***



*Reg charity no: 1190241*

# Need help now? You're not alone. Find **support** here.

## Speak to your GP

If you're struggling with mental health, your GP can guide you to the right support and services.

## Crisis Support Lines – South West London and St George's Mental Health Crisis Line

Trained specialists are available to:

- ✓ Offer professional **support** and **advice** by phone and online.
- ✓ Direct you to the **right service**.
- ✓ Arrange **urgent assessments** if needed.

📞 **0800 028 8000** (24/7) or **111** (select mental health)

 [swlstg.nhs.uk](http://swlstg.nhs.uk)

## Samaritans – Whatever you're going through, whatever the time.

📞 **116 123** (24/7)

## Papyrus HOPELINEUK – Support and practical advice for under-35s facing suicidal thoughts or supporting others.

📞 **0800 068 4141** (24/7) or text **88247**

 [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## Under 19? Shout (Text Support Service) – Confidential support (messages won't appear on your phone bill)


➡️ **Text 'Shout' to 85258** (24/7)

## Childline – Free, confidential support for under-18s.

📞 **0800 1111**

## Free Psychological Support

## Kingston Talking Therapies – Support for anxiety, depression and mental health challenges.

 [swlstg.nhs.uk/kingston-talking-therapies](http://swlstg.nhs.uk/kingston-talking-therapies)


## Kingston Mental Health Carers Forum – Run by carers for carers, offering advice and support to those helping someone with mental health challenges.

 [kmhcf.org.uk](http://kmhcf.org.uk)  
[kingstonlgbtforum.org.uk](http://kingstonlgbtforum.org.uk)

## LGBT+ Support – Switchboard support for LGBT+ individuals

📞 **0800 0119 100** (10am–10pm)

✉️ [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

 Online chat: [switchboard.lgbt](http://switchboard.lgbt)

**Kingston Child + Teen Mental Health Service (CAMHS)**



**Good Thinking Resources to help Young People improve their wellbeing**



**Young Minds**  
However you're feeling, things can get better.



**Good Thinking Faith and Belief Communities**



**You're not alone. Help is here.**

**Let's be real**, sometimes when someone says “What’s up?” we just say “**Nothing much**” — even when things feel **too much**.

This guide is here to remind you – It’s okay to not feel okay. You’re not alone. And talking about it? **That’s strength**.

## 1. Pause and reflect

Grab a pen or just think through these questions:

- How have I been feeling **physically** (e.g., well, energetic, achy, or noticing changes in appetite)?
- How have I been feeling **emotionally** (e.g., focussed, calm, anxious, or overwhelmed)?
- What’s been occupying **my mind** the most lately?

**Write down 1 – 2 thoughts or feelings that stand out.**

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## 2. Signs you might be struggling

If any of this **feels familiar**, it might be time to check in:

- ☐ Feeling **tired** all the time, even after sleep
- ☐ **Pretending you're fine** (when you're not)
- ☐ Getting easily **annoyed** or **overwhelmed**
- ☐ **Not enjoying** things you used to
- ☐ **Zoning out** or feeling **empty**
- ☐ **Feeling like no one gets it** – or like you're too much

These are common signs of **stress**, **anxiety**, **low mood**, or **burnout**. You're not broken – **you're human**.

## 3. Take a positive, doable action now

You don't have to do everything — just start with one:

- Play **music** that **matches your mood** (or shifts it)
- **Text a friend** — even a meme counts as connection
- **Breathe in for 4, hold for 4, out for 4**
- **Write stuff down** — rant, vent, journal, whatever
- Take a **walk** or **move your body**
- **Get a solid night of sleep** — even if you're scrolling less before bed

## Try these check-in prompts

For yourself or your friends:

**When did you last feel like YOU?**

**If today was a colour, what would it be?**

**What's something that drained you today?**

**What's one thing that would help you feel a bit better right now?**

**What kind of help or support would make things easier for you right now?**

**What are 3 things you're thankful for today? They can be anything - big, small, or just something that made you smile.**



### Apps

**Tellmi:** Free, safe, anonymous peer + counsellor support for ages 11-18. Apple, Google, web app.

**Kooth:** Free, anonymous mental health support for young people - Kooth.com.

**Calm Harm:** Manage self-harm urges - calmharm.stem4.org.uk

**Moodpath:** Track your mental health.

**Insight Timer:** Free short meditations - insighttimer.com.

**CAMHS This is a collection of websites that provide information and support to young people and families.**



## Visit a Recovery Café (also known as Crisis Cafés)

*"You're **never alone**, our doors are open."*

**No referral or appointment needed. Just drop in or call us for support.**

If you're feeling **overwhelmed** or **need help**, your local Recovery Café is here for you. It's a free, drop-in space open outside regular hours where you can talk to people who **get it** and **want to help**.

The Kingston Journey Recovery Hub is a chill, welcoming spot where you can get support during tough times.

### **One-to-One Support**

- ✓ Find ways to feel calmer and more in control.
- ✓ Make a safety plan just for you.
- ✓ Get connected to other services for extra help.

### **Drop-In Option**

- ✓ Need someone to talk to or a safe space to be? Just drop by!



**Alfriston Day Centre**, 3 Berrylands Road, KT5 8RB



[recoveryhub@rbmind.org](mailto:recoveryhub@rbmind.org) / 020 3137 9755



Monday, Tuesday, Wednesday, Friday: 6:00 – 10:00 PM

Saturday: 2:00 – 10:00 PM (including bank holidays)

## **Drop-In Cafés**

### **Kingston Mind Face-to-Face Drop-in Cafés**

A chilled, friendly space for anyone in Kingston facing mental health challenges. Enjoy light support, affordable meals, and a chance to connect with others.

### **The Bridge Café @ Kingston WelCare**



Wednesdays, 6:00 – 9:00 PM



53–55 Canbury Park Road, Kingston, KT2 6LQ

### **The Star Café**



Thursdays, 7:00 – 9:00 PM




Alfriston Day Centre, 3 Berrylands Road, Surbiton, KT5 8RB

**Take that first step — we're here for you.**




**Feeling lonely or isolated?** Discover **welcoming spaces** to **connect, relax, and find support** in Kingston.

### Community Cafés

**New Era Community Projects** runs inclusive cafés in Chessington, North Kingston, Kingsmeadow, and a thriving community fridge in Chessington.  [newera-community.projects.org](http://newera-community.projects.org)

### Wellbeing Hubs

**RBKares** – Free soup, drinks, cake, and services like health checks, mental health support, bike repairs, and more (services vary).

 First Friday of each month, 11am–2pm  Queen Mary Hall, Cambridge Gardens, Kingston KT1 3NJ  [RBKares.org](http://RBKares.org)

**The Fircroft Trust** – Join sessions to connect and become part of your community.

 Monday – Thursday, 9am – 4pm  96 Ditton Road, Surbiton KT6 6RH  07521 357289 (Contact: Gaya)

### Good Energy Club – *Life Beyond Crisis*

Join diverse activities and classes across Kingston borough, with a central hub at Millennium House, Eden Street. Self-referral service for Kingston residents facing mental health challenges.

 [John.Blon@hestia.org](mailto:John.Blon@hestia.org)  07854 211 218

### Voices of Hope – *Women's Hub*


Empowering women through community projects, peer mentoring, strategic forums, and employment support.

 [voh.org.uk/kingston-womens-hub](http://voh.org.uk/kingston-womens-hub)

### Men Who Talk

Supporting Men's Mental Health Through Conversation

Join free online social groups designed to help men open up about what matters most—judgment-free.

 [menwhotalk.org](http://menwhotalk.org)

### Student Minds

Empowering students to manage mental health, support peers, and thrive through university and beyond.



Visit our website for more resources:  
[kingstongiving.org.uk/mental-health](http://kingstongiving.org.uk/mental-health)

# Explore local resources for advice, mental health support, and skill-building opportunities in Kingston.

## Citizens Advice

Free, confidential advice and information – **debt, benefits, housing, consumer rights, and more.** Support online, by phone, and in person.

☎ 0203 166 0953

## Homeless or sofa surfing?

### Emergency rough sleeper information

## Kingston Churches Action on Homelessness (KCAH)

📍 St Peter's Church Hall, London Road, KT2 6QL  
📅 Monday to Friday – 10:00 – 12:00 for new registrations.



## Achieving for Children

Supporting children and young people



## Food

We partnered with **RBKares** to create a leaflet and online map of daily community food support.

## Refugee Action Kingston

- ✓ **Legal** advice
- ✓ **Welfare** advice
- ✓ **Counselling** and **wellbeing**
- ✓ **Learning** centre
- ✓ **Employment** support
- ✓ Other **community activities**

💻 [refugeeactionkingston.org.uk](http://refugeeactionkingston.org.uk)



[bit.ly/hot-lunches](https://bit.ly/hot-lunches)

## Do you want to improve your skills and find career support?

'Ask Nim' helps you develop skills and find career support, answering questions in any language.



[bit.ly/support-map](https://bit.ly/support-map)

'Ask Nim'



Learn more +  
download our leaflet



You deserve to feel heard.  
Mental health is **real health**.  
Asking “*What’s up?*” — and  
actually meaning it — could  
change someone’s day.  
Maybe even yours.

You matter.  
You’re not a burden.  
You’re doing your best  
(and **that’s enough**).

*Created in Partnership with **Barwell Business Park**.*



Learn about  
**Kingston Giving**



[Kingstongiving.org.uk](http://Kingstongiving.org.uk)  
Reg charity no: 1190241



**BARWELL**

[barwellbusinesspark.co.uk](http://barwellbusinesspark.co.uk)



Learn about  
**Barwell  
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