



Support options, Islington over the holiday season, 2025

Mental Health Support – emergency 24/7, including over the Christmas bank holidays:

- **Islington Crisis Team:** T: **080 0917 3333** for 24/7 urgent mental health support.
- **Hestia's Islington Recovery Café:** Safe, welcoming space and practical/emotional support for adults experiencing a mental health crisis. You can drop in without an appointment. **Address:** 34 Islington Park Street, N1 1PX **T:** 07384 117 241
- **NHS 111:** For urgent medical help that is not life-threatening, dial **111** at any time (press 2 for mental health support).
- **Samaritans:** For confidential emotional support if you are feeling despairing or struggling to cope, call **116 123** at any time, day or night.
- **Mental Health Emergency:** If you or someone you know is at immediate risk of physical harm, call **999** or visit your local Accident and Emergency (A&E)
- **Urgent Help and helplines:** <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>
- **Stay Alive app:** <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/stayalive/>
- **Text 'Shout' to 85258** – 24 hour text support

Other Support helplines / apps:

- **Saneline:** <https://www.sane.org.uk/> Out-of-hours mental health helpline offering emotional support and information to anyone affected by mental illness, including family, friends and carers. **Every day 4pm-10pm on 0300 304 7000**
- **CALMS:** <https://www.thecalmzone.net/> Helpline: **0800 585858** every day from 5pm-midnight
- **The Mix** <https://www.themix.org.uk/> for young people up to 25 years. 24 hour text 'THEMIX' to 85258 for confidential, 24/7 text messaging service for anyone who is struggling to cope
- **Hub of Hope:** <https://hubofhope.co.uk/> Information around local resources
- **AndyMansClub** <https://andysmanclub.co.uk/> #itsokaytotalk – support for men, meets **every Monday at 7pm** (except bank holidays). Free to come along. Meets at: The Plaza, Drummond Street entrance, Regents Place, Euston NW1 3FE

Other health support options

- **Pharmacy** - <https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help>
- **Dentist** - <https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist-in-an-emergency/>

Islington Council information and links:

Services in Islington over Christmas: <https://www.islington.gov.uk/contact-us/christmas-opening-times>

Islington Connect Hubs: Booking form for advice around services and support in Islington:
<https://outlook.office365.com/book/Connectorsappointmentbooking@islingtoncouncil.onmicrosoft.com/?ismsaljsauthenabed=true>

Activities and support for wellbeing in Islington:
<https://directory.islington.gov.uk/kb5/islington/directory/service.page?id=o2NvT2I9eMg>

Find the support you need in Islington: <https://findyour.islington.gov.uk/>

Community Support in Islington

- **Food banks / free hot meals** - <https://vai.org.uk/food-banks-and-hot-meals/>
- **Warm spaces** - <https://vai.org.uk/warm-spaces-in-islington/>
- **Help on Your Doorstep** - <https://www.helponyourdoorstep.com/>
- **Age UK (for all ages 16+)** - <https://www.ageuk.org.uk/islington/>
- **Islington MIND** - <https://www.islingtonmind.org.uk/>

Recovery College Courses – open for all Camden and Islington residents; options to attend online, in person and pre-recorded sessions for health and wellbeing: <https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

Five Ways to Wellbeing: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Community meals on 25
December 2025



A poster for a free Christmas dinner. The background is light grey with green holly leaves and red berries. At the top, there are logos for "THE HUB LIVE RADIO", a star, and "OUR FORGOTTEN NEIGHBOURS". The title "Our Forgotten Neighbours" is in a large, green, serif font. Below it, "FREE CHRISTMAS DINNER" is written in a large, bold, dark red font. The date and time "25TH DECEMBER 2025 2pm - 10pm" are in a bold, dark red font. A paragraph of text says: "If you are homeless, elderly or don't want to be alone this Christmas, join us for good food, entertainment, raffles and gifts. All provided for free, spreading the true spirit of Christmas." Below this, a location pin icon is followed by "Westbourne Community Centre" and the address "43 Roman Way, London, N7 8XF". Another paragraph says: "If you want to spend the holidays volunteering and giving back, we are in need of chefs, waiters, and general helpers." A third paragraph says: "If you cannot offer your time but still want to help, presents, food, and clothes donations are welcome." At the bottom, it says: "For any enquiries, WhatsApp Victoria: 07496 530878".