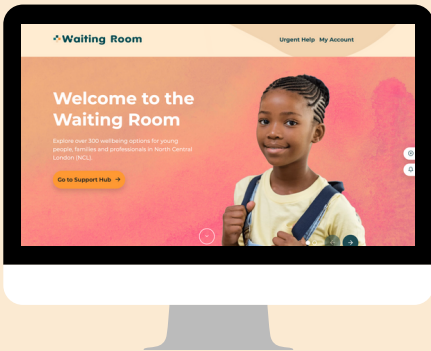


Waiting Room

Where you can do more than just wait

🔍 www.NCLwaitingroom.nhs.uk × | 🗣️

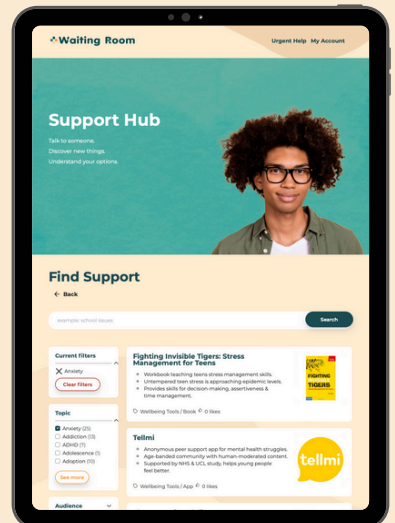


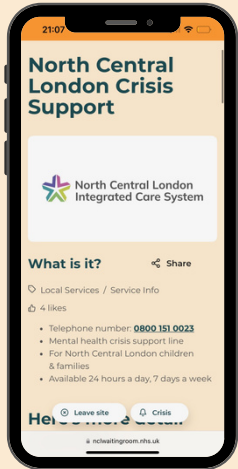
What is it?

Waiting Room is a website co-designed with young people, parents, carers and professionals, helping everyone understand young people's wellbeing options across North Central London.

How to use the website:

- Access the website on any device by typing the URL (nclwaitingroom.nhs.uk) in the search bar of any recommended browser (Safari, Google Chrome, Firefox or Microsoft Edge).
- Visit the homepage for news and featured resources.
- Search and filter wellbeing options on the Support Hub.
- Create an account by simply answering a few questions about yourself and setting a password.





Urgent help

Waiting Room is **not** for urgent help or for accessing support in an emergency.

If you are a child or young person aged under 18 in crisis and living in Barnet, Camden, Enfield, Haringey or Islington, or if you are the parent or carer of a child or young person in crisis, you can call the mental health crisis support line available 24 hours a day, seven days a week on **0800 151 0023**.

Build a plan

Register for a free account to use all our features.

Features and benefits include the ability to:

- Answer questions about activities you like, things that make you feel worse, and the topics you are interested in to create a wellbeing plan containing activities, information and resources to support your wellbeing journey.
- Record information about your identity that is important for others to know about you.
- Use the journal function to track your mood and record the resources you use on a particular day, helping you to see change over time.

Contact information

Contact the website support team by emailing waitingroom@tavi-port.nhs.uk

