

**For urgent help in a crisis, get support immediately**

A mental health crisis can mean different things to different people. It can include:

- Thinking about suicide or acting on suicidal thoughts,
- Severely self-harming,
- Experiencing psychosis, where you are out of touch with reality,
- Being in a situation that could put you or other people at risk.

**If you are in immediate danger, dial 999**

**If you need help but it is not an emergency, dial 111 (for advice/support)**

**Each mental health trust in south London has a telephone line for people in urgent need. The lines are free to call and open 24 hours a day, 365 days a year.**



0800 731 2864 and choose option 1 to speak to the local mental health crisis line.

**Croydon, Lambeth,  
Lewisham and Southwark**

**Experiencing a decline in mental health and wellbeing**

If you are not in crisis and you would like to get NHS support, usually a referral from a General Practitioner (GP) or other professional is needed. The process involves an appointment and initial assessment with the GP or Primary Care Mental Health Nurse - the decision for which level of support you might receive is made based on the initial assessment.

**NHS mental health support available**

To get help from Lambeth Single Point of Access (SPA) you can:

- ↓ Download the SPA introduction referral form, fill it out and email to [LambethSPAReferrals@slam.nhs.uk](mailto:LambethSPAReferrals@slam.nhs.uk) from [www.Lambeth Together.net](http://www.LambethTogether.net)
- 💬 Ask a friend or family member to contact us on your behalf
- Visit your GP and ask them to contact us on your behalf
- 📞 Call on 0800 090 2456 (Monday to Friday 9am to 5pm)

**Improving Access to Psychological Therapies (IAPT) services**

🌐 <https://lambethalkingtherapies.nhs.uk>

📞 020 3228 6747

✉ [LambethIAPTadministrators@slam.nhs.uk](mailto:LambethIAPTadministrators@slam.nhs.uk)


**Recovery College**

All courses and workshops offered face-to-face in a south London venue are for people linked to South London and Maudsley NHS Trust. However, most online sessions are open to anyone, anywhere, free of charge.

📺 <https://www.slamrecoverycollege.co.uk/>

## Local community mental health support

### MIND

 **020 8159 8355** Open Monday, Tuesday and Thursday. Outside these hours, you can leave a message and somebody will contact you as soon as possible.

 [generalenquiries@lambethandsouthwarkmind.org.uk](mailto:generalenquiries@lambethandsouthwarkmind.org.uk)

 <https://www.lambethandsouthwarkmind.org.uk/>

### Mosaic Clubhouse

Open Monday - Friday, 9am - 5pm. The Evening Sanctuary is open 6pm - midnight, seven days a week.

 **65 Effra Road, Brixton, London, SW2 1BZ**

 **020 7924 9657**

 <https://www.mosaic-clubhouse.org/>

### Brixton Advice Centre

 **0207 733 7554** Open between 10am and 3pm (Monday to Thursday)

 <https://brixtonadvice.org.uk/>

 They currently provide a reduced drop-in reception (10am - 12pm, Monday to Thursday)

### Carers4Carers

 **020 7207 0443**

 [info@carers4carers.com](mailto:info@carers4carers.com)

## Wider organisations offering mental health support

### Samaritans

 **116 123**

 [jo@samaritans.org](mailto:jo@samaritans.org)

 <https://www.samaritans.org/>

### SHOUT

 Text 'shout' to **85258** (24/7 service for all ages)

 <https://giveusashout.org/>

## Solidarity in a Crisis

Offers peer-led support for people experiencing a mental health crisis in Lambeth, Lewisham and Southwark. The helpline is open:

Monday to Friday (6pm until midnight)

Saturday and Sunday (midday to midnight)

 0300 123 1922

Getting support for mental health needs can often be associated with support needed in other areas of life

## Work Well Advice Line

 <https://work-well.org.uk/>

 020 3228 2041 Open Monday to Thursday, 10am to 4pm

## Money and Pensions Service

 <https://moneyandpensionservice.org.uk>

 0800 138 7777

## Online Support

 <https://nhsfreeyourmind.co.uk//>

 <https://www.good-thinking.uk/>

 <https://togetherall.com/en-gb/>

## Mental Health Trust website

 <https://slam.nhs.uk//>

## Healthwatch Lambeth

336 Brixton Road

London

SW9 7AA

 020 7274 8522 between the hours of 9am-4pm Monday to Friday

 [info@healthwatchlambeth.org.uk](mailto:info@healthwatchlambeth.org.uk)

Find out more about South London Listens - [www.southlondonlistens.org](http://www.southlondonlistens.org)