

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

If you are already under the care of your NHS mental health service, please contact your Care Co-ordinator.

Improving Access to Psychological Therapies (IAPT) services

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

0203 228 1350

slm-tr.IAPTLewisham@nhs.net

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

Sydenham Garden

 To contact us regarding referrals to our adult mental health projects, please email: referrals@sydenhamgarden.org.uk

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

Bromley, Lewisham and Greenwich MIND

 Call on 01689 811222 or email using our contact form

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

METRO

METRO promotes health and wellbeing through transformative services to anyone experiencing issues relating to gender, sexuality, diversity or identity.

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

 020 8305 5000

 hello@metrocharity.org.uk

Wider organisations offering mental health support

Samaritans

 116 123

 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

Online Support

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

 <https://www.kooth.com/> (Young people)

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

 <https://www.qwell.io/> (Adults)

Mental Health Trust

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

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**

Healthwatch Lewisham

Waldram Place
Forest Hill
London
SE23 2LB

 **020 3886 0196** between the hours of 9:00 a.m. – 5:00 p.m., Monday to Friday

 info@healthwatchlewisham.co.uk