

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.



Call 0800 028 8000 to speak to the local mental health crisis line in:

**Kingston, Merton, Richmond, Sutton
and Wandsworth**

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.

Improving Access to Psychological Therapies (IAPT) services: Merton Uplift

 <https://www.mertonuplift.nhs.uk/>

 **020 3513 5888**

 mertonupliftreferrals@swlstg.nhs.uk

Recovery College

The South West London and St George's Mental Health NHS Trust Recovery College use a recovery-based approach to encourage people to become experts in their own self-care and wellbeing, giving students the tools they need to manage their conditions and support people in their recovery journey.

 <https://www.swlstg.nhs.uk/south-west-london-recovery-college>

Local community mental health support

Carers Support

 020 8646 7515, during officer hours (10am-4pm Monday to Friday)

 info@csmerton.org

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

Wimbledon Guild

 Guild House, 30-32 Worple Rd, London SW19 4EFZ

 020 8946 0735

 <https://www.wimbledonguild.co.uk>

Off The Record

Counselling is a free service for young people aged 11-25 in Merton.

 020 3984 4004

 <https://www.talkofftherecord.org/merton>

 merton@talkofftherecord.org

Wider organisations offering mental health support

Samartians

 116 123

 jo@samaritans.org

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

SHOUT

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

 <https://giveusashout.org/>

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