

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.

NHS mental health support available

To get help from Sutton Uplift Mental Health and Wellbeing Service service you can:

- 📄 Download a copy of the referral form here <https://suttonuplift.co.uk/referral> and email, post or fax it to the service.
- 💬 Visit your GP or ask a friend or family member to contact us on your behalf
- 📞 Make a telephone referral on 0800 032 1411 or 0203 513 4044, choosing option 1.

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 for families, friends, carers and staff to better understand mental health conditions and support people in their recovery journey.

Their courses, library and computers are available to people who use our services (and for up to 12 months after discharge), their friends, family, and carers and Trust staff.



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

Local community mental health support

Sutton Crisis Café

 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR Open from 6:30pm to 11pm (last admission 10.30), 7 days a week, 365 days a year.

 0800 012 9082

 <https://smhf.org.uk/sutton-crisis-cafe/>

 recoverycafe@hestia.org

Off The Record Sutton

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

 info@talkofftherecord.org

 020 8251 0251

Sutton Carers Centre

 020 8296 5611

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

 enquiries@suttoncarerscentre.org

Mental Health Trust website

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

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