

SOUTHWARK

WELLBEING

HUB



Steps to Help in a Crisis

For immediate help if you feel unsafe:

- The psychiatric liaison team can help you (24 hours a day, 365 days of the year) and can be reached through local A&E Departments:
 - King's College Hospital Accident and Emergency Department
Denmark Hill
London SE5 9RS
Tel. **020 3299 9000**
 - St Thomas's Hospital Accident and Emergency Department
Westminster Bridge Road
London SE1 7EH
Tel. **020 7188 7188**
- If you are linked with a community mental health team you can contact your **care coordinator** or the duty worker as a first port of call.

For less urgent help:

- Contact your GP
- Contact SELDOC, the Out of Hours GP service
020 8693 9066
- Call the SLaM 24 hour information line
0800 731 2864
- If you have are linked with the CMHT you can contact your care coordinator.

Social Services

Out of hours Social Services

020 525 5000 (main switchboard – ask for Duty Social Work Team)

For emotional support in a crisis:

Samaritans

Talk freely with the Samaritans team in a safe and confidential environment to support your emotional needs.

24 hours a day/365 days a year

116 123

jo@samaritans.org

SANEline

Confidential emotional support, practical help and information for people with mental health problems.

4.30pm-10.30pm/365 days a year

0300 304 7000

Solidarity in a Crisis

An out-of-hours telephone and in-person support service run by people who know what it's like to be where you are now.

6pm –12am/Mon – Fri

12pm-12am/Sat - Sun

0300 123 1922

0788 9756 087 / 0788 9756 083

outofhours-solidarity@certitude.org.uk

<http://www.certitude.org.uk>

No Panic Helpline

Information and support for people struggling with anxiety.

10am-10pm/365 days a year

0845 967 4848

Telefono de la Esperanza UK

Telephone counselling service for Spanish and Portuguese speakers.

2pm-8pm/Mon-Fri

0207 733 0471

Other Useful Organisations:

The Listening Place

Face-to-face support for those who feel life is no longer worth living.
9am-9pm/7 days a week
020 7259 8136 or 07421 36314

CALM (Campaign Against Living Miserably)

Helpline for men who are feeling down, who need to talk or find support and information.
5pm-12am/7 days a week
0808 802 58 58
Webchat: <https://www.thecalmzone.net>

Maytree Respite Centre

A safe place for people in suicidal crisis to stay, for up to four days.
24 hours a day/7 days a week
020 7263 7070
maytree@maytree.org.uk

South London and Maudsley NHS Trust

Switchboard: **020 3228 6000**
www.slam.nhs.uk

Childline

Listening service for anyone under 19.
0800 1111

Hopeline

Support for anyone under 35 worried about their mental wellbeing.
10am-10pm/Mon-Fri
2pm-10pm/Sat-Sun
2pm-5pm/Bank Holidays
0800 068 41 41
Text: 07786 209697

Alcoholics Anonymous (AA)

National helpline and local meetings.
0845 769 7555
help@alcoholics-anonymous.org.uk

Narcotics Anonymous (NA)

Helpline and local meetings.
10am-Midnight/7 days a week
0300 999 1212

Victim Support Southwark

8am-8pm/Mon-Fri
020 7277 1433
8pm-8am/Mon-Fri
24 hours a day/Sat-Sun
Supportline: **08 08 16 89 111**

National Domestic Violence Helpline

24 hours a day/7 days a week
0808 2000 247

LGBTQ Domestic Violence Helpline

10am-5pm/Mon-Wed
[1pm-5pm/Tues is trans-specific]
10am-8pm/Thurs
1pm-5pm/Fri
12pm-4pm/Sun
0800 999 5428
help@galop.org.uk

Cruse Bereavement Care

9.30am-5pm/Mon and Fri
9.30am-8pm/Tues – Thurs
0808 808 1677
<http://www.cruse.org.uk/>

Southwark Carers

9am-5pm/Mon - Fri
020 7708 4497
info@southwarkcarers.org.uk

Shelter

Housing advice helpline.
8am-8pm/Mon-Fri/365 days a year
8am-5pm/Sat-Sun/365 days a year
0808 800 4444

Southwark Local Support Team

Benefits advice for vulnerable Southwark residents, local support and hardship fund.
9am-5pm/Mon-Fri
020 7525 2434