

### The Listening Place

Face-to-Face support for those who feel life is no longer worth living.

Tel. **020 3906 7676**

### Maytree Respite Centre

A safe place for people in suicidal crisis to stay for up to four days. Open 24/7.

Tel. **020 7263 7070**

Email: **maytree@maytree.org.uk**

### Mind (Lambeth and Southwark)

4th floor, 336 Brixton Road

London SW9 7AA

Tel. **0203 982 9221** (Mon-Thurs: 10am-5pm)

### The Mix Helpline

Free and confidential support for young people under 25.

Tel. **0808 808 4994**

Live chat and crisis messenger:

**www.themix.org.uk/get-support**

### Narcotics Anonymous (NA)

Helpline and local meetings for those to whom drugs have become a major problem.

Tel. **0300 999 1212** (10am – 12pm)

### National Domestic Violence Helpline

A team of highly-trained, female advisors who can help you understand options and increase safety.

Tel. **0808 2000 247** (Open 24/7, 365 days a year)

### Shelter

Housing advice helpline.

Tel. **0808 800 4444** (Mon-Fri: 8am-8pm; Sat-Sun: 8am-5pm)

### Shout

24/7 Textline for anyone in a crisis anytime, anywhere.

Text **SHOUT** to **85258**

### SLaM (South London and Maudsley NHS Trust)

Slam provide NHS care and treatment for people with mental health problems

Office Hour Tel. **020 3228 9454**

Crisis Line Tel.: **0800 731 2864**

### Southwark Carers

A charity aimed at enabling, empowering and enriching those in carer roles.

Tel. **020 7708 4497** (Mon-Fri: 9am-5pm)

Email: **info@southwarkcarers.org.uk**

### Southwark Local Support Team

Benefits advice for Southwark residents, local support and hardship fund. Visit the Southwark council website for more information.

### Victim Support Southwark

Support for those affected by crime locally.

Tel. **020 7277 1433** (Mon-Fri: 9am-5pm)

Out of hours supportline Tel. **08 08 16 89 111**

### Young Minds

Helpline for parents concerned about their child's mental health.

Tel. **0808 802 5544** (Mon-Fri: 9.30am-4pm)

**SOUTHWARK  
WELLBEING  
HUB**

**together**  
FOR MENTAL WELLBEING

## Steps to help in a crisis

### For immediate help:

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 duty worker as a first port of call.

### **For less urgent help:**

- Contact your GP.
- Call the SLaM 24 hour information line  
Tel. 0800 731 2864
- If you are linked with the CMHT you can contact your care coordinator.

### **Social Services:**

- Out of hours Social Services  
Tel. **020 525 5000** (main switchboard – ask for Duty Social Work Team)

### **For emotional support in a crisis:**

#### Samaritans

Talk freely with a Samaritans volunteer in a safe and confidential environment, 24 hours a day/365 days a year.  
Tel. **116 123**, 24/7, 365 days a year.  
Email **jo@samaritans.org**

#### SANEline

Confidential emotional support, practical help and information for people with mental health problems.  
Tel. **0300 304 7000**, 4.30pm-1.30pm, 365 days a year.

#### 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 in the same position.  
Tel.: **0300 123 1922**, Text: **0788 9756 087** or **0788 9756 083** (Mon-Fri: 6pm-12am; Sat-Sun: 12pm-12am)  
Email: **outofhours-solidarity@certitude.org.uk**

#### No Panic Helpline

Information and support for people struggling with anxiety.  
Tel. **0845 967 4848** (10am-10pm, 365 days a year)

#### Telefono de la Esperanza UK

Telephone counselling service for Spanish and Portuguese speakers.  
Mon – Fri: 2pm-8pm  
Tel. **0207 733 0471**

### **Other useful organisations (A-Z):**

#### Alcoholics Anonymous (AA)

National helpline and local meetings  
Tel. **0800 9177 650**  
Email: **help@aamail.org**

#### CALM (Campaign Against Living Miserably)

Helpline for men who are feeling down, who need to talk or find support and information.  
Tel. **0800 58 58 58** (5pm-12am, 365 days a year)  
Webchat:  
**www.thecalmzone.net/help/webchat/**

#### Childline

Listening service for anyone under 19.  
Tel. **0800 1111**

#### Cruse Bereavement Care

Support and advice to children, young people and adults when someone dies.  
Tel. **0808 808 1677** (Mon-Fri: 9.30-5pm; Tue-Thurs: 9.30-5pm)

#### FRANK

Honest information about drugs.  
Tel. **0300 123 6600** (24/7, 365 days a year)  
Text: **82111**  
Confidential email and live chat:  
**www.talktofrank.com/contact-frank**

#### Hopeline

Support for Young People under the age of 35 experiencing thoughts of suicide.  
Tel. **0800 068 41 41**, Text: **07860 039967** (Mon-Fri: 10am-10pm; Sat-Sun: 2pm-10pm)  
Email: **pat@papyrus-uk.org**

#### LGBTQ Domestic Abuse Helpline

For those who have experience hate crime, sexual violence or domestic abuse. They also support lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system.  
Tel. **0800 999 5428** (Mon-Wed: 10am-5pm; Tues: 1pm-5pm (Trans-specific); Thurs: 10am-8pm; Fri: 1pm-5pm; Sun: 12pm-4pm)  
Email: **info@galop.org.uk**