

# About The Southwark Community Sanctuary

The Southwark Community Sanctuary is a safe, welcoming and supportive space for anybody aged over 18.

Whatever the reason for feeling distressed or in crisis

## We're here to help you.

We support people in person at the Community Sanctuary, online via video chat, or on the phone.

We are available to provide support face to face.

Monday-Sunday • 2pm-10pm



# What The Southwark Community Sanctuary Provides

You can talk to our staff about how you're feeling and what is concerning you.

Help you plan to achieve personal goals

We'll listen to you, and help you to develop a plan to stay safe and well.

Coping strategies can be discussed to manage distress.

We will help you to navigate local services and opportunities that can provide crisis support.



## Further Help and Support

### Regroup & Relax

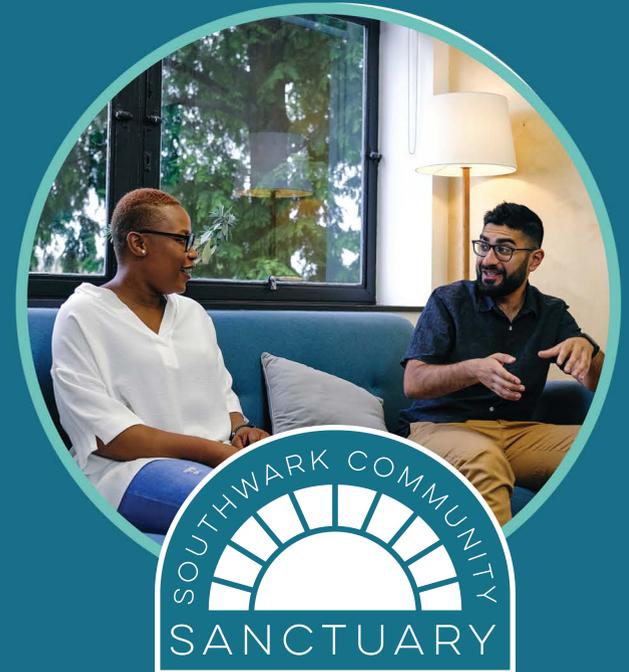
After meeting with our staff or volunteers, you can sit in the Community Sanctuary and enjoy a break from the outside world. It's a comfortable space to relax, and refreshments are available.

together  
FOR MENTAL WELLBEING

NHS

South London  
and Maudsley  
NHS Foundation Trust

Nobody plans to be in crisis.  
We provide a safe space to regroup and relax.



When you feel in crisis, we can help identify support needs and assist in planning for better wellbeing.

We are run by the charity Together for Mental Wellbeing. The Sanctuary's services are free and open to anyone who lives in Southwark

We are commissioned by South London and Maudsley NHS Foundation Trust and provide self-referral service for any persons experiencing mental distress

# Support for Crisis

## For Immediate help

If you are experiencing a mental health crisis that is not an emergency but require urgent assistance then please call NHS 111.

For a medical emergency, call 999 straight away.

## Additional resources

Southwark Solidarity in a Crisis  
Call: 0300 123 1922  
Monday to Friday 6pm to 12 midnight.  
Saturday and Sunday 12 noon to 12 midnight.  
London & U.K

LGBT+ (Lesbian, gay, bisexual, trans+)  
Call: 0300 330 0630 (10am to 10pm)

FRANK (Drugs and alcohol advice)  
Call: 0300 123 6600 (24 hours a day)

Papyrus UK (Prevention of young suicide)  
Call: 0800 068 41 41 (24 hours a day)

Refuge (Domestic Violence)  
Call: 0808 2000 247 (24 hours a day)

Rape Crisis (Rape support for women and girls)  
Call: 0808 802 9999 (24 hours a day)

CALM (For men of all ages)  
Call: 0800 58 58 58 (5pm to midnight)

# A Guide to Crisis

## What is Crisis?

A mental health crisis can come about when an individual hits breaking point and requires urgent help and assistance.

Individuals may experience the following:

Feelings of extreme anxiety which may lead to panic attacks or flashbacks.

Suicidal thoughts and feelings, or self-harming.

Experiencing hypomania or mania.  
Feeling elated, very active, and full of energy.

Experiencing psychosis, possibly hearing voices, or feeling extreme paranoia.

## What can cause Crisis?

Triggers for experiencing crisis can involve dealing or coping with:

Bereavement • Addiction

Abuse • Money problems

Relationship breakdown • Workplace stress

Exam stress • Housing problems

Please note that some individuals might be managing a mental health diagnosis and others might not know or understand why they are experiencing crisis.

## Access the Service

 community-sanctuary@together-uk.org

 0800 058 4834

 Southwark Community Sanctuary  
at Blackfriars Settlement  
1 Rushworth Street, London, SE1 0RB

Refer Yourself



Registered Charity No. 211091 Registered Company No. 463505

 @CommSanctuary

 @southwarksanctuary

 Southwark Sanctuary

INVESTORS  
IN PEOPLE

MINDFUL  
EMPLOYER

HAS