

Mental health and wellbeing contacts

For urgent help

Call 111 to speak to the free NHS helpline. They can connect you to local services and send an ambulance if necessary.

If you live in Croydon, Lambeth, Lewisham or Southwark, you can call **South London and Maudsley's crisis line: 0800 731 2864**. For more information visit www.slam.nhs.uk/crisis

If you are receiving support from a mental health service, check your care plan or phone your care coordinator.

NHS talking therapies

Free NHS support is available. Speak to your GP or go direct to your local service. To find your local service, search "NHS talking therapies" and your borough name, for example "NHS talking therapies Southwark".

Information and advice

NHS Choices

www.nhs.uk

Mind Infoline

call: **0300 123 3393**

open 9am to 6pm, Monday to Friday,
except bank holidays.

text: 86463

email: info@mind.org.uk

www.mind.org.uk

Mental Health Foundation

www.mentalhealth.org.uk

Rethink Mental Illness

call: **0300 5000 927**

open: 9.30am to 4pm, Monday to Friday

www.rethink.org

Rethink also coordinate support groups for people with mental illness and their carers.

Emotional support

Samaritans - for everyone

call: **116 123**

open: 24 hours

email: jo@samaritans.org

www.samaritans.org

CALM (Campaign Against Living Miserably) for men of all ages

Open: 5pm to midnight every day

London: **0808 802 58 58**

Outside London: 0800 58 58 58

www.thecalmzone.net

Childline - for children and young people under 19

call: **0800 1111**

www.childline.org.uk

Emotional support (continued)

Papyrus - suicide prevention
for people under 35
call: **0800 068 41 41**
text: 07786 209697
www.papyrus-uk.org

Silverline - for older people
call: **0800 4 70 80 90**
www.thesilverline.org.uk

Other useful contacts

Alcoholics Anonymous
call: **0800 9177 650**
email: help@aamail.org
www.alcoholics-anonymous.org.uk

Adfam - for those close to someone
addicted to drugs and/or alcohol
call: **020 3817 9410**
www.adfam.org.uk

Alzheimer's Society - for those
caring for someone with dementia
call: **0300 222 11 22**
www.alzheimers.org.uk

Carers UK
call: **0808 808 7777**
email: advice@carersuk.org
www.carersuk.org

FRANK - drugs advice
call: **0300 123 6600** text: 82111
email: frank@talktofrank.com
www.talktofrank.com

Debt Advice Foundation
Free confidential advice
call: **0800 043 40 50**
open: Mon to Fri 8am to 8pm
Saturday 9am to 3pm
www.debtadvicefoundation.org

NAPAC - National Association for
People Abused in Childhood
call: **0808 801 0331**
open: Mon to Thurs 10am to 9pm
Fridays 10am to 6pm
www.napac.org.uk

NSPCC - if you are worried about a child
call: **0808 800 5000**
email: help@nspcc.org.uk
www.nspcc.org.uk

Rape Crisis - for women and girls
call: **0808 802 9999**
open: 12 noon to 2.30pm and 7 to 9.30pm
www.rapecrisis.org.uk

Rethink Mental Illness
See front page for details

SANEline - for those affected by mental
illness and their family, friends and carers
call: **0300 304 7000**
open: 4.30pm to 10.30pm every day
www.sane.org.uk

SMART Recovery - an alternative to
the 'anonymous' groups for people with
an addiction
www.smartrecovery.org.uk

Switchboard (LGBT) - for people who are
lesbian, gay, bisexual or transgender
call: **0300 330 0630**
open: 10am to 10pm
chris@switchboard.lgbt
www.switchboard.lgbt

Victim Support - for victims of crime
call: **08 08 16 89 111**
open: 24 hours
www.victimsupport.org.uk

Young Minds - for children and young
people under 25 and their parents
Parent helpline: **0808 802 5544**
open: Mon to Fri 9.30am to 4pm
www.youngminds.org.uk

Women's Aid and Refuge
for women and children
call: **0808 2000 247**
email: helpline@refuge.org.uk
open: 24 hours
www.refuge.org.uk