

Lambeth Mental Health and Wellbeing Support

COIN - Community Information Network

COIN Community Information Network is a new service for Disabled Lambeth residents, people who use mental health services, or people with other long-term health conditions. The new resource includes a directory that lists local offers - employment support, education, volunteering, plus arts and leisure.

- lambethcoin.org.uk

Lambeth & Southwark Mind Helpline

Confidential telephone and email support to direct you to local mental health services. Leave a message and they will aim to get back to you within two working days.

- Monday Tuesday & Thursday 9am-4pm
- 020 8159 8355
- www.lambethandsouthwarkmind.org.uk/information-s

Dragon Café

The Dragon Café creatively explores the experience of mental illness, recovery, and well-being. Free workshops include singing, dance, wellbeing activities, and hot food.

- Monday 12pm-6.30pm
- mentalfightclub.art
- info@mentalfightclub.art

Centre 70 - Counselling

Low cost telephone or online counselling available. Visit website or call for more information.

- 020 8670 2775
- centre70.org.uk
- counselling@centre70.org.uk

Southwark Mental Health and Wellbeing Support

Talking Therapies in Southwark

Feeling low, anxious or stressed? We can help you with a wide range of psychological and emotional problems. If you are aged over 16 and you either live in Southwark or have a GP in Southwark please get in touch for free, friendly and professional support.

<https://talkingtherapiessouthwark.nhs.uk/>

- To self-refer go to <https://talkingtherapiessouthwark.nhs.uk/refer-yourself/> or phone 020 3228 2194 or email slm-tr.SPTS@nhs.net or speak to a GP.

Southwark Wellbeing Hub

Southwark Wellbeing Hub takes the stress out of finding, choosing and receiving support.

We provide information and support to anyone in Southwark who would like to improve their mental health and wellbeing. The Hub's services are free and open to anyone who lives in Southwark or is registered with a Southwark GP.

We work in partnership with Southwark Council's Adult Social Care Mental Health Team. We provide an easy point of access for any person who has care and support needs because of their experience of mental distress and any person who cares for someone experiencing mental distress.

- Helpline: 020 3751 9684
- southwarkhub@together-uk.org
- Drop in service every Wednesday, 12-3pm

Blackfriars Settlement

Promotes well-being through person-centred personal development. Training and development pathway or a less structured environment including peer support.

- <https://blackfriars-settlement.org.uk/mental-health-wellbeing/>
- 020 7928 9521

Southwark Community Support Alliance

The Southwark Community Support Alliance can help vulnerable residents with food, mental and physical wellbeing, financial support and help translate information.

- communitysupportalliance@southwark.gov.uk
- 020 7525 5000

Crisis Wellbeing Support

If you feel unsafe and need immediate help, call 111 or go to your nearest hospital with an A&E and ask for the mental health liaison team.

If you need urgent help but can wait until the next day, make an urgent appointment to see your GP, or phone their out of hours service. Or call 111.

If you are receiving support from a mental health service, check your care plan for what to do in a crisis. Or phone your care coordinator.

The Samaritans

Crisis support line, to talk about anything that is upsetting you. Open 24 hours a day, 365 days a year.

- Call 116 123
- Or email jo@samaritans.org

SANEline

If you are experiencing a mental health problem, or supporting someone else

- Call 0300 304 7000 4:30-10:30pm every day

National Suicide Prevention Helpline UK

Offers a supportive listening service to anyone with thoughts of suicide.

- Call 0800 689 5652 6pm-12pm every day

Shout

If you would prefer not to talk but want mental health support you can reach out to shout, a text support mental health service.

- Text SHOUT to 85258

Solidarity in Crisis

Out of hours peer support service, co-designed and co-delivered by people with lived experience, including carers, providing support over the phone or in person for residents of Lambeth, Lewisham and Southwark.

- Helpline 0300 123 1922, Monday- Friday, 6pm-12pm, Saturday and Sunday 12am-12pm
- For the Community Team, email, communitycrisis@certitude.org.uk

Self Care Resources

- **Good Thinking** provides digital mental wellbeing support for Londoners. This includes free NHS-approved apps to help you deal with stress, anxiety, low mood and poor sleep.
[Digital mental health and wellbeing support for Londoners | Good Thinking \(good-thinking.uk\)](#)
- **Every Mind Matters** is an NHS-approved digital hub full of expert advice and practical tips to achieve good mental health.
[Every Mind Matters - NHS \(www.nhs.uk\)](#)
- The NHS have other self-help tools available, including 5 steps to mental wellbeing.
[5 steps to mental wellbeing - NHS \(www.nhs.uk\)](#)