

Lewisham: what to do in a mental health crisis

If you feel unsafe and need immediate help

- Go to your local A&E Department, where the psychiatric liaison team can help you (24 hours a day, 365 days of the year):

University Hospital Lewisham
Lewisham High Street
Lewisham
London SE13 6LH
Tel: 020 8333 3000

If you're with a community mental health team (CMHT)

- During the day **first of all** contact your community mental health team (CMHT) and ask for your care coordinator or duty worker:

If you need less urgent help

- During the day contact your GP

Name of GP:.....

Tel:

- Out of hours contact SELDOC, the out of hours GP service

Tel: ...020 8693 9066

- Call the SLaM 24 hour information line

Tel: ...0800 731 2864

If you're with a community mental health team (CMHT)

- During the day please contact your community mental health team (CMHT) and ask for your care coordinator or duty worker:

Name of team:.....

Tel:.....

Name of care coordinator:.....

Crisis: in distress – who to call and where to go

Samaritans

Samaritans have heard many people's stories and you can discuss anything with them in complete confidence. You **don't** have to be suicidal to call for help.

24 hours a day
365 days a year

Tel. 08457 909090

SANEline

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

Tel. 0845 767 8000

Waldron Health Centre

This GP-led centre with long opening hours is in Amersham Vale, only a minute's walk from New Cross Station.

7 days a week, 8.00 am – 8.00 pm.

Tel: 020 3049 2370.

Social Services

Out of Hours Social Services

Tel. 020 8314 6000

Pharmacies

To find details of local pharmacies visit NHS Choices and search Services Near You.

<http://www.nhs.uk/Pages/HomePage.aspx>

Other helpful organisations

Lewisham Users Forum (LUF)

A group of people with mental ill-health which meets to socialise, support each other and give feedback on mental health services.

Tel. 01322 555335

Email: luf88@hotmail.co.uk

Mind Peer Support in Lewisham

Provided by Bromley Mind, it offers community-based activities, connections and opportunities for people with mental health difficulties living in Lewisham.

Contact:

megan.jamison@bromleymind.org.uk

Family Health Isis

FHI offers a range of culturally specific services for African/African Caribbean people.

Tel: 020 8695 1955

Web: www.familyhealthisis.org.uk

Alcoholics Anonymous (AA)

For help for problems with drinking see the website for details of local meetings

National helpline: 0845 769 7555

Email: help@alcoholics-anonymous.org.uk

Web:

www.alcoholics-anonymous.org.uk/?PageID=2

National Drugs Helpline (also known as Talk to Frank)

Tel. 0800 776600 (24 hours a day)

No Panic helpline

Helpline: 0800 138 8889

Web: www.nopanic.org.uk/aboutus.html

Carers Lewisham

Advice, information, advocacy and support for carers.

Tel: 020 8699 8686

Email: info@carerslewisham.org.uk

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

Lewisham Victim Support

Offers practical advice and support and can provide a list of local solicitors.

300 Sangley Road, Catford
SE6 2JT

Tel. 020 8698 4583

Four in Ten, SLaM's lesbian, gay, bisexual and trans (LGBT) Peer Support Group

Tel: 07711 376 258

Email: peter@metrocentreonline.org

If you'd like a large print, audio, Braille or a translated version of this leaflet then please ask us.

Contact SLaM

SLaM switchboard: 020 3228 6000

SLaM website: www.slam.nhs.uk

Patient Advice and Liaison Service (PALS)

PALS is here to listen and support you in whatever way they can to ensure your experience at SLaM is a positive one. If you are not happy about something at SLaM then PALS will try to help you. If you decide you want to make a formal complaint PALS can advise you how to do this.

PALS 24hr information line: 0800 731 2864

PALS website: www.slam.nhs.uk/pals

PALS email: pals@slam.nhs.uk

Travel

For the quickest way to plan your journey to a SLaM service try TfL's journey planner.

TfL 24hr travel information: 020 72222 1234
www.tfl.gov.uk/journeyplanner

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