

Southwark: 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):

King's College Hospital Accident and
Emergency Department
Denmark Hill
London SE5 9RS
Tel: 020 3299 9000

St Thomas' Hospital Accident and
Emergency Department
Westminster Bridge Road
London SE1 7EH
Tel: 020 7188 7188

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

- During the day please contact your community mental health team (CMHT) **first of all** 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

Social Services

Out of hours Social Services

Tel: 020 525 5000 (main switchboard – ask for Duty Social Work Team)

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

Lambeth and Southwark Mind

4th floor, 336 Brixton Road

London SW9 7AA

Tel: 020 7501 9203

Email: info@lambethandsouthwarkmind.org.uk

<http://lambethandsouthwarkmind.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

Southwark LGBT Network

See the website for details of meetings.

Web: <http://www.southwarklgbtnetwork.com/>

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

Tel: 07711 376 258

Email: peterv@metrocentreonline.org

**Copleston Centre
(mental wellbeing community centre)**

Copleston Road

Peckham

London

SE15 4 AN

Tel: 020 7732 3435

Email: office@coplestoncentre.org.uk

Web: www.coplestoncentre.org.uk/

Southwark Carers

Cambridge House

54 Camberwell Rd

London SE5 0EN

Tel: 020 7708 4497

Web: www.southwarkcarers.org.uk

Victim Support Southwark & Lambeth

6th floor, Hannibal House

Elephant and Castle Shopping Centre

London SE1 6TE

Tel: 020 7277 1433

Victim Supportline: 0845 3030900

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: **0343 222 1234**

www.tfl.gov.uk/journeyplanner