

# 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](mailto: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](mailto: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](http://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](mailto:help@alcoholics-anonymous.org.uk)

**Web:**

**[www.alcoholics-anonymous.org.uk/?PageID=2](http://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](http://www.nopanic.org.uk/aboutus.html)**

## **Carers Lewisham**

Advice, information, advocacy and support for carers.

**Tel: 020 8699 8686**

**Email: [info@carerslewisham.org.uk](mailto: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: [peterv@metrocentreonline.org](mailto:peterv@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](http://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](http://www.slam.nhs.uk/pals)

PALS email: [pals@slam.nhs.uk](mailto: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](http://www.tfl.gov.uk/journeyplanner)