

Lambeth: 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):

St Thomas' Hospital Accident and
Emergency Department
Westminster Bridge Road
London SE1 7EH

Tel. 020 7188 7188

King's College Hospital Accident and
Emergency Department
Denmark Hill
London SE5 9RS

Tel. 020 3299 9000

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

Social Services

Out of hours Social Services

Tel: 020 7926 1000

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/>

Solidarity in a Crisis

(out-of-hours peer support service)

Tel. 0300 123 1922 (freephone)

or **07872 403719**

Email:

outofhours-solidarity@certitude.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

Lambeth Carers Hub

Advice, support and events for carers

Tel. 020 7642 0038 (Monday-Friday, 9-5)

Email: connect@carershub.org.uk

Web: www.carershub.org.uk

Victim Support Southwark and Lambeth

6th Floor, Hannibal House

Elephant and Castle Shopping Centre

London SE1 6TE

Tel. 020 7277 1433

Web: www.victimsupport.org.uk

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: **0343 222 1234**

www.tfl.gov.uk/journeyplanner