



**SOUTH
LONDON**

**Mental Health
and Community
Partnership**

Support available to you now

Dr Ranti Lawumi, South West London and St George's Mental Health NHS Trust (SWLSTG)

Mental health support available to you

- **SWLSTG Mental Health Support Line** - 0800 028 8000
- **CAMHS Crisis Line** - 0203 228 5980
- **IAPT services in South West London**
 - Merton Uplift: <https://www.mertonuplift.nhs.uk>
 - Sutton Uplift: <https://www.suttonuplift.co.uk>
 - Talk Wandsworth: <https://www.talkwandsworth.nhs.uk>
 - Kingston: <https://www.icope.nhs.uk/kingston>
 - Richmond: <https://www.richmondwellbeingservice.nhs.uk>
- **Orchid Emergency Service** – via our Mental Health Support Line
- **Hub of Hope** – hubofhope.co.uk

Covid-19 mental health support available to you

- The NHS is open for business. Speak to your GP
- The NHS website: [Mental health and wellbeing support](#) and [urgent support for mental health](#). www.nhs.uk
- Thrive LDN: [Resources](#) to help your mental health and wellbeing and [digital tools to help you](#). Visit thrivedn.co.uk
- NHS Psychological Therapies Services – also called IAPT: [Find services here](#)
- Rethink: [Covid-19 support and help in your area](#). Go to <https://www.rethink.org/>
- Mind: Information and resources for [Coronavirus and your mental health](#)
- Kooth: Chat confidentially online to counsellors, read articles written by young people, browse forums, and keep a daily journal. Get started at www.kooth.com
- Off the Record: Free counselling for young people living in Croydon, Merton and Sutton. www.talkofftherecord.or
- Mental Health Foundation <https://www.mentalhealth.org.uk/coronavirus/mental-health-tips>
- Wandsworth Council, A Chance To Talk programme: <https://www.wandsworth.gov.uk/news/news-february-2021/local-libraries-offer-a-chance-to-talk/>
- Young Minds: advice and information about youth mental health issues. www.youngminds.org.uk
- Childline: a free confidential helpline, and support from counsellors online. Call 0800 1111, or go to www.childline.org.uk
- Shout: a 24 hour text service for anyone in crisis, or struggling to cope. Text Shout to 85258, or go to www.giveusashout.org
- Samaritans: 24 hour confidential emotional support for people experiencing distress. Call 116 123
- Our services and Recovery Colleges:
SLaM Mental Health Crisis Line on 0800 731 286 [South London and Maudsley NHS Foundation Trust](#) and [SLaM Recovery College](#)
[Oxleas NHS Foundation Trust](#) and [Bridge Support](#)
[South West London and St George's NHS Trust](#) and [Recovery College](#)