

For urgent help in a crisis, get support immediately

A mental health crisis can mean different things to different people. It can include:

- Thinking about suicide or acting on suicidal thoughts,
- Severely self-harming,
- Experiencing psychosis, where you are out of touch with reality,
- Being in a situation that could put you or other people at risk.



If you live in Kingston, Merton, Richmond, Sutton or Wandsworth and you need urgent mental health support, call NHS 111 and press 2 for the mental health option. You can also access urgent support by calling South West London and St George's Mental Health Crisis Line on 0800 028 8000.

Call 999 or attend A&E if someone's life is at risk – for example, risk of a medical emergency, serious injury or overdose, or if you have concerns about your physical health that require immediate medical attention. If you need help but it is not an emergency, dial 111 (press 2 for mental health advice and support).

Sutton Crisis Café

If you are struggling with how you are feeling or feel at risk of going into crisis, your local Recovery Café can help. Recovery Cafés are a free walk-in out of hours service where you can talk to people who will understand and help you.

- www.smhf.org.uk/suttoncrisiscafe
- crisiscafe@smhf.org.uk
- 0800 012 9082**
- Sutton Crisis Café, 63 Downs Road, Belmont, Sutton, SM2 5NR**

Mental health support available

If you are not in crisis and you would like to get NHS support, usually a referral from a General Practitioner (GP) or other professional is needed. The process involves an appointment and initial assessment with the GP or Primary Care Mental Health Nurse - the decision for which level of support you might receive is made based on the initial assessment.

To get help from the Sutton Single Point of Access (SPA) you can contact your GP or:

- www.swlstg.nhs.uk/service-detail/service/sutton-primary-liaison-recovery-service-plrs-sutton-single-point-of-access-and-sutton-recovery-team-178
- suttonadultspa@swlstg.nhs.uk
- 0800 012 9082**

Sutton Talking Therapies

Free psychological and wellbeing interventions for people with common mental health problems (anxiety or depression) for people over 18 and living in the borough or registered with a Sutton GP. You can self-refer or be referred by a health professional.

 www.swlstg.nhs.uk/sutton-talking-therapies

 SuttonTalkingTherapies@swlstg.nhs.uk

 **0800 032 1411**

Recovery College

The South West London and St George's Mental Health NHS Trust Recovery College use a recovery-based approach to encourage people to become experts in their own self-care and wellbeing, giving students the tools they need to manage their conditions and for families, friends, carers and staff to better understand mental health conditions and support people in their recovery journey.

 www.swlstg.nhs.uk/south-west-london-recovery-college

 recoverycollege@swlstg.nhs.uk

 **020 3513 5818**

Local community mental health support

Know who to turn to in your community

Are you looking for mental health support, advice or information near you? Know who to turn to in the community is our directory of local and trusted organisations, charities, and community groups that can help you in Kingston, Merton, Richmond, Sutton and Wandsworth.

 www.swlstg.nhs.uk/know-who-to-turn-to-in-your-community

Sutton Mental Health Foundation

SMHF offers a range of free mental health support for adults in Sutton.

 www.smhf.org.uk

 admin@smhf.org.uk

 **020 8770 0172**

Accessing services for children and young people with special educational needs and disabilities

Sutton Council's website offers an overview of services available for children and young people with special educational needs and disabilities.

 www.sutton.gov.uk/sutton-s-local-offer

National organisations offering mental health support

Samartians

 www.samaritans.org
 jo@samaritans.org
 116 123

SHOUT

 www.giveusashout.org
 Text 'shout' to 85258 (24/7 service for all ages)

Support in other areas of life

Getting support for mental health needs can often be associated with support needed in other areas of life.

Housing support

Sutton Council

Sutton Council's website provides an overview of housing support services, including those available to people who are homeless or at risk of homelessness.

 www.sutton.gov.uk/housing

Citizens Advice Sutton

Can provide advice on a range of housing issues.

 www.citizensadvice.sutton.org.uk

 020 8405 3552

Healthwatch Sutton

Provide advice on accessing services and making complaints.

 www.healthwatchsutton.org.uk

 07470203655

Money and Pensions Service

 www.moneyandpensionsservice.org.uk

 0800 138 7777

Find out more about South London Listens
www.southlondonlistens.org