

Useful Organizations:

Southwark Family
(Information Service)
0800 013 0639

SOLACE Women's AID
0808 802 5565

Contact a Family
(Families with disabled children)
0808 808 3555
0207 358 7799

Gingerbread
(Advice for lone parents)
0808 802 0925

Homestart Southwark
(offers support, friendship
and practical help)
0207 737 7720

Samaritans
116 123

Southwark Well-being Hub
0203 751 9684

Contact the team:

The Chaucer Resource Centre
13 Ann Moss Way
(off Lower Road)
Rotherhithe
London
SE16 2TH
020 3228 9800

We are a community team and aim to
respond to phone messages within one
working day.

Team Manager:
Kate Tidnam

Parental_Mental_Health_Team_Southwark
@slam.nhs.uk

What to do in a Crisis
Call GP or out of hours SELDOC 02086939066
Call NHS Direct 24 hour advice 111
Call the SLAM hotline on 08007312864
Attend your local A&E - there are mental health
specialist services available to help.

South London and Maudsley 
NHS Foundation Trust

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Parental Mental Health Team




Southwark
Council

The Service

We are an early intervention nurse-led service working with parents experiencing mental distress such as low mood or anxiety and have young children under the age of 5.

We recognize that having a baby or raising a young child can be a stressful time in the life of any parent.

We understand that seeking help when feeling overwhelmed or struggling as a parent can feel difficult and we therefore aim to provide an easily accessible service.

We accept referrals from any professional working with a parent and their young family in Southwark and carry out joint visits if needed.

We also accept self-referrals.

What do we do?

- Use a 'Think Family' approach to consider the needs of not just the parent but their family too.
- Offer advice and consultation to Children's Centre staff and where there are concerns regarding a parent's mental health.
- Provide training to Children's Centre Staff on mental health awareness.
- Provide a mental health needs assessment in the home.
- Support parents of children aged 0-5 to address mental health issues.
- Support families to access local children's centres and other community resources.
- Offer individual support to parents for example to help develop healthy coping strategies or relapse prevention strategies.
- Help prepare parents to access therapy if required.
- Facilitate therapeutic groups such as the keeping well post birth and creative families art group. These are closed groups which require a referral and run in term time only.