

## Organisations that support Well being and mental health

<https://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/>

### ***Southwark Organizations***

<https://www.lambethandsouthwarkmind.org.uk/directory/oasis-outreach-support-in-south-london>

**Oasis** - Telephone: 0203 228 7200 or email : [OASISReferrals@slam.nhs.uk](mailto:OASISReferrals@slam.nhs.uk)

Southwark Wellbeing Hub - Telephone: 0203 751 9684 or Email:

[southwarkhub@together-uk.org](mailto:southwarkhub@together-uk.org)

### **Blackfriars Settlement**

We continue to offer one to one telephone support, to help with practical and emotional issues. Call or email us on:

Ad: 07716 459314 or Renuka: 07716 458577

email: [adonis.christodoulou@blackfriars-settlement.org.uk](mailto:adonis.christodoulou@blackfriars-settlement.org.uk)

email: [renuka.bhakta@blackfriars-settlement.org.uk](mailto:renuka.bhakta@blackfriars-settlement.org.uk)

### ***Lambeth Organizations***

<https://www.lambethandsouthwarkmind.org.uk/directory/oasis-outreach-support-in-south-london/>

### **Lambeth Single Point of Access**

helps adults aged 18 to 65 get the right mental health support. Contact them if you are worried about your mental health and need more support than your GP can provide. • You can refer yourself to the service • A friend or family member can refer you

T:0800 090 2456 (Monday to Friday, 9am - 5pm)

### ***Lewisham organisations***

MindCare Lewisham

Telephone: 020 3228 5960

Email: [info@mindcare.org.uk](mailto:info@mindcare.org.uk)

Oasis

Telephone: 020 3228 7200

Email: [OASISReferrals@slam.nhs.uk](mailto:OASISReferrals@slam.nhs.uk)

## **Compass**

ChatHealth confidential text messaging on **07507 331 526**

**Telephone** on **020 8690 3020** to speak to one of our friendly team (Mon-Thurs 9:00am to 5:00pm and Friday 9:00am to 4:30pm or we will get back to you within one working day outside these hours) or alternatively **email** us: [LHWS@Compass-uk.org](mailto:LHWS@Compass-uk.org)

Other charities and organisations that deal with well being for adults and children .

## **Samaritans**

**Telephone:** 116 123 (24 hours a day, free to call)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Website:** <https://www.samaritans.org>

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

## **Mind Infoline**

**Telephone:** 0300 123 3393 (9am-6pm Monday to Friday) or text 86463

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Website:** [www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)

Mind provides confidential mental health information services.

With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services.

## **Rethink Mental Illness Advice Line**

**Telephone:** 0300 5000 927 (9.30am - 4pm Monday to Friday)

**Email:** [advice@rethink.org](mailto:advice@rethink.org)

**Website:** <http://www.rethink.org/about-us/our-mental-health-advice>

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England.

### Saneline

Telephone: 0300 304 7000 (4:30pm-10:30pm)

Website: [www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

### The Mix

Telephone: 0808 808 4994 (11am-11pm, free to call)

Email: [Helpline email form](#)

Crisis Support: [Text 'THEMIX' to 85258](#).

Website: [www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, webchat, peer to peer and counselling services.

### ChildLine

Telephone: 0800 1111

Website: [www.childline.org.uk](http://www.childline.org.uk)

### Side by Side

Website: <https://sidebyside.mind.org.uk/about>

Side by Side is an online community where you can listen, share and be heard. Side by Side is run by [Mind](#).

### SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text: 85258

Website: <https://www.giveusashout.org/>

**YOUNG**MiNDS

0808 802 5544

Contact between 9.30 - 4pm