Diagnosis and/or Mental Health problem

- Anxiety
- Depression
- Eating Disorders
- Neurological problems/Memory
- Long Term health Conditions
- HIV
- Personality Disorder
- Psychosexual Problems
- ADHD and Autism Spectrum Disorders
- Specific Phobias
- Learning Disabilities
- Bipolar
- Psychosis
- Sleeping Problems

Go to Community Resources Menu
Offenders

**Beyond prison /Southside partnership** - Provides a range of through-the-gate support including intensive resettlement, community outreach, peer mentoring, volunteering, Capoeira in prison workshops/intervention, in-prison mental health education and support, BAME work and work with women. Direct links with the prison. [http://www.certitude.org.uk/](http://www.certitude.org.uk/) - contact Lara Amusan

**St Giles Trust**  Work directly with the prison, offer support to help prisoners resettle, e.g. housing support, in prison peer advice project. 64-68 Camberwell Church Street, SE5 8JB [http://www.stgilestrust.org.uk/s/what-we-do/p489/prisonbased%20services.html](http://www.stgilestrust.org.uk/s/what-we-do/p489/prisonbased%20services.html)

**NACRO**
Nacro helps people, especially young people, from becoming entrenched in substance misuse by raising their awareness of the Harms caused by alcohol and substance misuse and diverting them into positive activities. [http://www.nacro.org.uk/services/london south/lambeth-drug-treatmentprogramme/](http://www.nacro.org.uk/services/london south/lambeth-drug-treatmentprogramme/)

**Lambeth Forensic intensive psychological treatment service (FIPTS)**
Inpatient and community Landor House, Lambeth Hospital, 108 Landor Road, SW9 9NT Tel: 020 3228 6516 Fax: 020 3228 6133

**Probation services**
117 Stockwell Road, Stockwell, London, SW9 9TN. Tel: 020 7326 7700 Fax: 020 7326 7701

**Employment**

**Prison reform trust**  - Independent UK charity which aims to create a just, humane and effective penal system. Also provides info for families. [http://www.prisonreformtrust.org.uk/](http://www.prisonreformtrust.org.uk/)


Return to Community resources menu
Return to Diagnosis/Mental Health problem menu
Mindfulness

Head Space - http://www.getsomeheadspace.com/

Finding peace in a Frantic world – http://franticworld.com/

Mindfulness-based Stress Reduction Course – An 8 week course leading you skilfully through a series of meditations and gentle physical exercises designed to change habitual thought patterns, reduce stress and help with anxiety and depression. Enquiries/bookings online. Email: info@londoncentreformindfulness.com Web: www.londoncentreformindfulness.com

Be Mindful - http://bemindful.co.uk/

Mindfulness course online – https://sites.google.com/site/mindfulnessonlinecourse/Home


Mindfulness in Polish – mindfulness and MBCT explained in Polish http://www.dorset-mindfulness.co.uk/mindfulness-po-polsku

Return to Community resources menu
Return to Diagnosis/Mental Health problem menu
Young People

The Well Centre - The Well Centre is a youth health centre where you can drop-in to see a youth worker, counsellor or doctor. No appointment needed, just turn up, to discuss any of your health concerns or worries in a safe and confidential space. The Well Centre is an informal and welcoming space in which young people feel comfortable. We will see any young person between the ages of 13 and 20. Services that we provide include:

• GP consultations during the Monday, Wednesday and Thursday drop-ins
• Tier 2 mental health interventions with the Well Centre’s mental health nurse
• Counselling
• Youth-work advice and support
• Specialist workshops and lessons with the youth-workers and nurse

To set up a referral please call 0208 473 1581 or e-mail info@thewellcentre.org

Face in Focus – We provide an accessible and useful resource for young people in Southwark and other boroughs. Learn more about the services we offer to those aged 11-25. Provide counselling and advice.

http://facesinfocus.org.uk/

Child and Adolescent Mental Health Services – CAMHS


Crossroads Young Carers Project - The Young Carers Project is for Young People (5-18 years) who live in Lambeth and are caring for or helping to care for a family member that has a disability or long-term illness. The Young Carers Project offers:
• Day trips and activities
• Short holidays
• Youth Clubs
• Group meetings for peer support and understanding
• Support with School issues
• School based clubs (we are currently in 5 schools in Lambeth)
• One to one support
• Information/Advice/Signposting

South Thames Crossroads, 336, 336 Brixton Road, London, SW9 7AA
Telephone: 07794 258 527

Young Lambeth - Young Lambeth is a website that provides information and advise for families regarding services available locally for children and young people aged 0 to 19 (up to 25 with disabilities). On the website, you will find information and guidance on childcare/education/parenting/health/family support/services for disabled children or children with special educational needs and a directory of services, activities and events for children, young people and families in Lambeth
Web: http://www.younglambeth.org/
Education

**SLAM Recovery College** - Recovery is about people with mental health difficulties having the same opportunities in life as everyone else. It is about a personal journey towards a meaningful and satisfying life. It is about hope, control and opportunity. SLAM recovery college provides workshops and courses that aim to provide the tools to make this happen. *Timetable found at: [http://www.slamrecoverycollege.co.uk/](http://www.slamrecoverycollege.co.uk/)*

**Basic skills Agency at NIACE** - Information about literacy, language and numeracy qualifications available to people who are looking to gain the skills they need for employment. [www.basic-skills.co.uk](http://www.basic-skills.co.uk)

**Campaign for Learning** - The Campaign for Learning works to build motivation, create opportunities and provide support for learning in families and communities, workplaces and schools. [www.campaign-for-learning.org.uk](http://www.campaign-for-learning.org.uk)

**Lambeth College** - [http://www.lambethcollege.ac.uk/](http://www.lambethcollege.ac.uk/)

**LearnDirect** Information and advice about hundreds of local and distance learning opportunities, including how to access your local learn direct centre. Learndirect also has a team of bi-lingual Advisers. [www.learndirect.co.uk](http://www.learndirect.co.uk)

**Southside Rehab** Help to re-establish work habits for those whose careers have been interrupted by mental illness. Includes accessing adult education, work placements and support to find a job. Support takes place in one of 3 social enterprises – catering, cleaning, and print. Everyone has an opportunity to become more familiar with IT and develop IT skills. **Tel:** 020 8766 6688 **Web:** [www.sra-ltd.co.uk](http://www.sra-ltd.co.uk) **Email:** office@sra-ltd.co.uk

Return to Community resources menu
Return to Diagnosis/Mental Health problem menu
Employment

Status Employment – Offering job seeking workshops, 1:1 advice for retention problems, Drama workshops and Trapeze for # those in treatment. 
http://www.statusemployment.co.uk/lambeth-service.html

ACAS (Advisory, Conciliation, and Arbitration Service) – “Acas provides free and impartial information and advice to employers and employees on all aspects of workplace relations and employment law. We support good relationships between employers and employees which underpin business. But when things go wrong we can also help by providing conciliation to help resolve workplace problems”
Tel: 03001231100 Web: http://www.acas.org.uk

SMaRT Futures: For those who are out of work because of mental health conditions or other disadvantages, and who are receiving support from MH services. Supports getting back to work, access to work placements etc. 020 8761 0776
www.firststeptrust.org.uk email: fstlambeth@firststeptrust.org.uk

Southside Rehab Help to re-establish work habits for those whose careers have been interrupted by mental illness. Includes accessing adult education, work placements and support to find a job. Support takes place in one of 3 social enterprises – catering, cleaning, and print. Everyone has an opportunity to become more familiar with IT and develop IT skills. Tel: 020 8766 6688 Web: www.sra-ltd.co.uk Email: office@sra-ltd.co.uk

Mosaic Clubhouse Transitional Employment Placements: Mosaic run a program developing partnerships with employers, using employment as a tool for recovery from MH difficulty, paying for sickness absences etc. Supporting the transition of people back in to work. Email i.elliott@mosaic-clubhouse.org or s.hamilton-brown@mosaic-clubhouse.org web address: www.mosaic-clubhouse.org

Waterloo Legal Centre: Employment legal advice http://lawworks.org.uk/?cID=10822

Job Centres and Disability Employment Advisers –
- Clapham , Maritime House, Old Town, Clapham Common, SW4 0JW 0845 604 3719 DEA: Mya Love
- Kennington, 206-216 Kennington Park Road, Lambeth, SE11 4DE, 0845 604 3719 DEA: Ot Bonfu
- Brixton, 422 Brixton Road, Lambeth, London, SW9 7AE, 0845 604 3719 DEA: Angela Douglas
- Streatham, Station Approach, Streatham, Lambeth, London SW16 6HW, 0845 604 3719 DEAs: Kundam Shar & Indrani Daf
- Stockwell, Jebb House, 155-157 Clapham Road, London, SW9 OQQ, 0845 604 3719 DEA: Ricky Jordon
Counselling

**Waterloo Community Counselling** - Offers low cost counselling and counselling for patients whose first language is another Language. [http://www.waterloocc.co.uk/](http://www.waterloocc.co.uk/)

**Centre 70** Offers six sessions of free counselling, with option of longer term sessions at a low cost. “Our purpose and mission is to support … people … by helping them to cope with a wide range of social, domestic and financial problems and by offering them help in the form of advice or psychotherapeutic counselling to improve the quality of their lives.”
Web: [http://centre70.org.uk/help/counselling](http://centre70.org.uk/help/counselling)

**Awareness Centre** Provides Low Cost Counselling and Psychotherapy to clients during the day, evenings and weekends. £30 – £45 for 50 minutes. Long term counselling also for patients who are registered and receiving benefits and students through Counselling Contribution Service. Must provide proof that you’re receiving benefit. [www.theawarenesscentre.com](http://www.theawarenesscentre.com)

**GAIA Centre Lambeth** Support for people experiencing domestic violence


**Relate Counselling** Offer counselling to families, couples, children & young people at a fee [http://www.relate.org.uk](http://www.relate.org.uk)

**Guild of Psychotherapists** - Offer low cost psychoanalytical therapy – a reduced fee service for people on low income (up to £16,000 per annum) [http://www.guildofpsychotherapists.org.uk](http://www.guildofpsychotherapists.org.uk)

**The Caravan** – A drop in counselling service run by the charity ‘Centre for Counselling and Psychotherapy Education’ in partnership with St James’s Church, Piccadilly. The caravan sits in the Church’s courtyard and clients can drop in to receive a core listening and emotional support service, which could develop in to more arranged counselling. Voluntary contributions are recommended.

*Contact:* The co-ordinator, Caravan drop-in service, St James’s Church, 197 Piccadilly, W1J 9LL
*Tel:* 02031379984 *Email:* info@thecaravan.org.uk
Help Counselling Centre Offers low-cost, one-to-one counselling after a relatively short waiting period, fees are based on a sliding scale of £1 per £1000 of your yearly income. http://www.helpcounselling.com/

WPF Therapy For full time students and those in receipt of Job Seekers Allowance the Initial Consultation fee is £45. The fee for therapy (long term, DIT, short term, CBT or Group) is £20 but this is only available at set times - 8am, 9am and 10am Mon Fri and all day Saturday. Clients will need to bring proof of status to the consultation. http://www.wpf.org.uk/

Southbank Counselling - Counselling and therapy in Vauxhall, Central London, within walking distance of Westminster and Lambeth North stations. Private practice offering reduced cost sessions of £25 if on benefits. ~
Tel: 02035671007 Web: http://www.southbankcounselling.co.uk/
Crisis Service


Samaritans - A 24 hour phone line offering emotional Support www.samaratins.org.uk 08457 90 90 90

National self harm network – http://www.nshn.co.uk/

Solidarity in a Crisis - Solidarity in a Crisis is a service user led service in Lambeth offering crisis support and information over the phone or in person during out of hours over the weekend. 07795 037 320 http://www.certitude.org.uk/solidarity-in-a-crisis-certitude-launches-new-crisis-out-of-hours-service-in-lambeth/
Couples and relationships

**Multi Family Group** - for clients who have been through alcohol detox. The time after someone has detoxed from alcohol can be stressful for couples. Partners can be an important source of support but often don't know what to do for the best. Our group is for couples where one person has recently detoxed from alcohol (max. 3 months ago) and is abstinent. They need to have a partner who does not drink problematically. We will bring together 5 couples for a 2 day workshop (10am-3pm), to explore how alcohol has affected their relationship, ideas about addiction, managing cravings and lapses, and communication. The aim is to build resilience, strength and recovery

Befriending/ Peer Support

Lambeth Carers Hub - Specialist service providing advice, information and support for all unpaid carers. Talks, open discussion groups, open door sessions, social events, grant access support, individual support. We are working closely with carers, Lambeth Council, NHS Lambeth and voluntary and community organisations to develop and deliver the Carers' Hub. [http://carershub.org.uk](http://carershub.org.uk). Enquiry line: 0207 642 0038 Email: connect@carershub.org.uk

Metropolitan Peer support - this is programme that trains people up to be peer supporters resulting in a city and guilds qualification and paid work as a peer supporter. It’s also for people who just want to be supported and they are matched with a peer supporter. There are two recruitment days coming up in January and the contact is Lucas Teague on 07739 920927

Lambeth and Southwark Mind self management training –

Status Confidence drama workshops and peer support group - It’s a 6 week course that helps with confidence/self esteem, and is also an opportunity for peer support and socialising. People can take part in a fortnightly year long peer support group and with the opportunity also to be trained as facilitators. They are funded to have social time in a coffee shop after each group. However its only for people who have been involved with drama and trapeze.

Volunteers supporting Families (VsF) project - matches trained volunteers with families who are in need of additional support. [http://www.csv.org.uk/volunteering/mentoring-befriending/volunteers-supporting-families](http://www.csv.org.uk/volunteering/mentoring-befriending/volunteers-supporting-families)

Silverline Befriending for Older Adults - The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.
Tel: 08004708090  Web: [http://www.thesilverline.org.uk/](http://www.thesilverline.org.uk/)

Return to Community resources menu
Return to Diagnosis/Mental Health problem menu
Advice and Advocacy

One Lambeth Advice - Brought to you by the Citizen’s Advice Bureau and the Council working together, One Lambeth Advice ensures that people seeking advice in Lambeth are able to do so seamlessly and in the way that best suits them.

Web: https://onelambethadvice.org.uk/

DASL’s Specialist Advice Service for people with mental health problems and young disabled people - 020 7738 5656 – provides: Advice casework on welfare benefits and other issues such as debt, housing, community care, accessible transport services (such as Freedom Passes, Blue Badges and Taxi cards) and Social Fund and charitable grants.
http://www.disabilitylambeth.org.uk/

Lambeth Resolve - Lambeth Resolve’s professional advocates work with clients over issues including community care, health and housing services, financial and family problems and keeping safe from abuse.
http://www.lambethresolve.org.uk/who-we-are

Clapham Community Project - St. Anne’s Hall, Venn Street, Clapham, London SW4 0AX Free, independent, confidential advice for people who live in Lambeth
www.claphamcommunityproject.org.uk

Streatham Citizens Advice Bureau - Ilex House, 1 Barrhill Road, London, SW2 4RJ 020 8674 8993

Waterloo Legal Centre: Employment legal advice http://lawworks.org.uk/?cID=10822

Lambeth Law - The Law Centre enables local people in Lambeth and the surrounding areas to understand their legal rights and enforce them. Through our work we aim to achieve social change for a fairer and more equal society.
http://www.lambethlawcentre.org/

Waterloo action centre – Range of community activities, advice, support for various age groups as well as sixty plus.
http://www.waterlooactioncentre.co.uk/

Centre 70 – Advice and support with debt, housing and counselling.
http://centre70.org.uk/
Advice and Advocacy  Continued..

Lambeth Advice Network - [http://www.lambethadvice.org.uk/](http://www.lambethadvice.org.uk/)

**London Discrimination Unit:** Provides advice and representation for those who live or work in any London borough on race discrimination, gender and disability discrimination in employment disputes. Priority is given to Lambeth residents
Telephone: 0207 840 2030 to book an appointment.

**Immigration Advisory Service for London**
Telephone: 0844 887 0111 Monday- Friday 8.00am- 8.00pm for advice.

**Joint Council for the Welfare of Immigrants** Tel. 0207 251 8708 Thursday 10:00am-12:00pm
LGBT

**Stonewall Housing** - London Councils fund Stonewall Housing to offer a housing advice service to LGBT people in every London borough via a telephone helpline five days a week, 3 weekly drop-in surgeries where people can talk to a housing advisor face-to-face and longer term advocacy casework if needed.  

**Lambeth LGBT Directory** - crime, heath, housing, support and advice, youth, BME, faith, local help lines.  

**Broken Rainbow** - is a UK LGBT domestic abuse helpline. It provides advice, support and referral services to LGBT people experiencing homophobic, transphobic and same sex domestic violence.  

**Antidote** - LGB&T run and targeted drug and alcohol support service. One to one key working, structured weekend programmes, referral to detox clinics, counselling service, drop ins, telephone advice service.  
Physical Health and Disability

Lambeth Early Intervention & Prevention Service (LEIPS) - Exercise on referral, Healthy Weight Team, Health, Trainers, EPP/Self-care, Stop Smoking Service, Alcohol Intervention
Web: http://www.guysandstthomas.nhs.uk/our-services/leips/overview.aspx

Walking groups
http://www.meetup.com/find/?keywords=walking&radius&userFreeform=London%2C+United+Kingdom&mcName=London%2C+GB&lat=51.469498&lon=0.05580139&sort=default&_suid=13875471931120865557275110643

Freedom Passes – Assistance in transport needs if suffering from a mental health condition lasting 12 months or permanent and meet criteria explained on the website. Accessible Transport Unit, Hopton House, 243A Streatham High Road, SW16 6EY 020 7926 5555 http://www.lambeth.gov.uk/Services/HealthSocialCare/AccessibleTransport/

Respond - Work with children and adults with learning disabilities who have experienced abuse or trauma, as well as those who have abused others. Offer psychotherapy, advocacy, campaigning and other support. Respond also aims to prevent abuse by providing training, consultancy and research. Web: http://www.respond.org.uk/

The Deaf Health Charity ‘Signhealth’ - SignHealth is a charity dedicated to making sure Deaf people get the same sort of access as hearing people to healthcare and health information. At the moment Deaf people generally have poorer health than hearing people, simply because access to medical services and health information isn’t routinely provided in sign language. We think it’s time for change. Web: http://www.signhealth.org.uk/
Older Adults

Blackfriars Older Adults Service - A warm welcome to all who are 50+ but still young at heart. Join us at Blackfriars Settlement for exciting times and to make new friends. Our older people's services are buzzing with life, fun and laughter with an activities program to suit all. We offer information, advice and support in warm, friendly surroundings. Your needs are our priority. http://www.blackfriars-settlement.org.uk/older-people

Age UK - Age Concern and Help the Aged are now Age UK. Information and advice for the elderly about benefits, care, age discrimination, computer courses and activities. http://www.ageuk.org.uk/

Waterloo Action Centre - http://www.waterlooactioncentre.co.uk/sixty_plus

Older Adults CMHT - Our Community Mental Health Team for Older Adults (Lambeth North and South), provides community-based assessment, treatment and care for people, aged over 65, who have mental health problems – Lambeth Hospital, First Floor, Reay House, Lambeth Hospital, 109 Landor Road, London, SW9 9NT 020 3228 8300/020 3228 8030/020 3228 8024

Disability Advice Service Lambeth - Provides an advice and information helpline service and face to face advice service. Tel: 020 7738 5656 www.disabilitylambeth.org.uk

Lambeth Resolve’s Enquiry Line and Information Service - 020 7095 5720 - which is managed by Age UK Lambeth provides a comprehensive information and advice service on a wide range of subjects of importance to older and disabled people including benefits, pensions, health and disability, transport and mobility and housing

Alzheimer Society Lambeth


Return to Community resources menu
Return to Diagnosis/Mental Health problem menu
Volunteering

**Time banking** – Time-banking recognises all people as having valuable skills and resources that can contribute to building a stronger community, as well as build up their individual skills. There are several models of delivery, but they all take the same approach: mutuality and reciprocity. Participants ‘deposit’ their time in the bank by giving practical help and support to others and are able to ‘withdraw’ their time when they need something done themselves. [http://timebank.org.uk/](http://timebank.org.uk/)

**Lambeth Council for Voluntary service** - LVAC is Lambeth’s Council for Voluntary Service (CVS). Most boroughs in England have a CVS, which provides support to and represents the Voluntary and Community Sector in their borough. [http://www.lambethvac.org.uk/](http://www.lambethvac.org.uk/)

**Connect and Do** - People use Connect & Do for all sorts of things, whether it's finding a new hobby or meeting people who share your interests. [http://www.connectanddo.org/](http://www.connectanddo.org/)

**Reach Volunteering** - Provides volunteering opportunities to people with business skills and Supports charities by helping to match them with skilled volunteers. [http://www.reachskills.org.uk/](http://www.reachskills.org.uk/)

Asylum Seekers

**Freedom From Torture** - Freedom from Torture has been working for more than 30 years to provide direct clinical services to survivors of torture who arrive in the UK, as well as striving to protect and promote their rights. Thanks to the dedication of staff and volunteers – as well as scores of passionate supporters and funders – thousands of torture survivors have been able to rebuild their lives in incredibly difficult circumstances. **Address:** 111 Isledon Road, Islington London N7 7JW **Tel:** 020 7697 7777 **Referral form online at:** [http://www.freedomfromtorture.org/](http://www.freedomfromtorture.org/)

**Refugee Council** - One of the leading charities in the UK offering support and advice to people who are seeking asylum. The UK asylum process is complex, and frequent changes to legislation in the UK can make it even more difficult to understand. Our job is to help asylum seekers navigate the process and support them along the way. Providing practical support by way of counselling, signposting to helpful services, destitution services on a drop in basis - providing advice, pastoral care and emergency provisions, classes to help with learning English. **Web:** [http://www.refugeecouncil.org.uk/](http://www.refugeecouncil.org.uk/) **Tel:** 020 7346 6700 (referral form for therapeutic case work/counselling online)

**European Council on Refugees and Exiles Services index** – ECRE collate an annually updated index that provides contact information of lawyers and organisations providing legal services and other support to refugees and asylum seekers in Europe. **Found at:** [http://www.ecre.org/topics/elena/index.html](http://www.ecre.org/topics/elena/index.html)

**Asylum Aid** - An independent, national charity working to secure protection for people seeking refuge in the UK from persecution and human rights abuses abroad. We provide free legal advice and representation to the most vulnerable and excluded asylum seekers, and lobby and campaign for an asylum system based on inviolable human rights principles. **Address:** Club Union House, 253-254 Upper St, London, N1 1RY **Web:** [www.asylumaid.org.uk](http://www.asylumaid.org.uk)

**Refugee Action** - Standing up for people who've fled persecution, violence and harassment. 'Key Volunteer Project' helps asylum seekers and refugees understand their rights and rebuild their lives **Web:** [http://www.refugee-action.org.uk/](http://www.refugee-action.org.uk/)
Asylum Seekers (cont’d)

Amnesty International (International Secretariat) Refugee and Migrant Rights Team – Address: 1 Easton Street, London, WC1X 0DW Tel: 020 7413 5500 Web: www.amnesty.org

Immigration Advisory Service (IAS) - IAS are specialists in UK immigration services. From immigration advice to fast-track UK visa applications, our experts are here to help you. Address: Head Office, County House, 190 Great Dover Street, London, SE1 4YB Tel: (20) 7967 1200 Web: www.iasservices.org.uk

Legal Aid - There is a legal aid scheme which allows free legal advice to be given by certain private lawyers and voluntary agencies to asylum seekers who have a low income. This scheme will also cover the costs of court hearings subject to a fairly strict merits test.

The Bike Project - Free bikes for refugees and asylum seekers. Thursdays, 5pm - 8pm (please come as close to 5pm as possible to make sure you get a bike) Location: 12 Crossthwaite Avenue, SE5 8ET. We teach our visitors how to fix a bike, which they then take home. We can reimburse £5 travel expenses. Website: http://thebikeproject.co.uk/

Failed asylum seekers/people with no recourse to public funds
These clients are not eligible for NHS counselling but can usually be seen by WCC under separate funding (MECS – multi-ethnic counselling service). They can offer up to 18 sessions.

UCL - http://www.ucl.ac.uk/pwp-review/Translation


Health Information Library - Self-help guide
http://www.library.wmuh.nhs.uk/pil/patient_information_library1.htm

Mental Health in Manchester - http://www.mhim.org.uk/other_languages.html
Leaflets on Low mood/anxiety (different languages - for Portuguese only related to Postnatal Depression)

Centre for Addiction and Mental Health - Alcohol, coping with stress, gambling.
http://www.camh.ca/en/hospital/health_information/Pages/information_in_other_languages.aspx

Mental Health in Multicultural Australia - http://www.mhima.org.au/resources-and-information/Translated-information

Multicultural Health Communication Service
http://www.mhcs.health.nsw.gov.au/publicationsandresources#b_start=0&c1=Mental+health+and+illness&c3=por


http://www.getselfhelp.co.uk/links6.htm

http://www.ntw.nhs.uk/pic/languages.php

http://www.nhs.uk/translationportuguese/Documents/Depression_Portuguese_FINAL.pdf

Portuguese mental health Support Group at the Portuguese Community Centre in Kennington. The second and fourth Tuesdays of each month are open to all for social support, signposting and activities. The first and third Tuesdays are for the elderly for social support.
Naz Project London (NPL) - NPL is the longest established and largest BME charity in London addressing the sexual health and HIV/AIDS needs of its communities. [http://naz.org.uk/](http://naz.org.uk/)


Streatham Drop-in Centre - ESOL classes and English language support, health project, information and general advice, small crèche, trips. [dropin@emchurch.plus.com](mailto:dropin@emchurch.plus.com) or [brian.macarthy6@btinternet.com](mailto:brian.macarthy6@btinternet.com) 0208 664 7432

Multi-Lingual Community Rights Shop - Advice and information for BME communities including refugees. Lots of languages spoken. 213 Camberwell Rd, London, SE5 0HG [http://www.mlcrs.co.uk/](http://www.mlcrs.co.uk/)

Lambeth Young Refugee Development Support for young refugees. Many languages. 278-280 South Lambeth Rd, London, SW8 1UJ, 02076226752

Lambeth Asian Centre - Day centre services for older people (50+) from the Asian communities. Woodlawns Day Centre, 16 Leigham Court Rd, London, SW16 2PJ, 020 8 67 78 02

ASHA projects - Advice, support and counselling for Asian women. Provides temporary accommodation. 16 Shrubbery Rd, London SW16 2AS, 0208 696 0023

Lambeth Chinese Community Association, Range of services for Chinese community. 69 Stockwell Rd, London, SW9 9PY

Chinese Mental Health Association - CMHA now provide a diverse range of services with the aim of serving Chinese people who suffer from mental health related issues and problems. **Tel:** 020 7613 1008 **Web:** [http://www.cmha.org.uk/](http://www.cmha.org.uk/)

Chinese Information and Advice Centre - Provides free information, advice and support to disadvantaged Chinese people in the UK. Includes supporting women and children who are victims, or at risk of domestic violence, working with prisoners to help reduce re-offending, and legal advice on issues such as employment, immigration, asylum and homelessness. **Address:** Lower Ground Floor, London Chinatown Market, 71-73 Charing Cross Road, London, WC2H 0NE **Tel:** 08453 131 868 **Web:** [http://www.ciac.co.uk/](http://www.ciac.co.uk/)
ZamZam Counselling – Private counselling for Muslim women. [http://www.zamzamcounselling.co.uk/](http://www.zamzamcounselling.co.uk/)

Polish counselling – Polish registered charity based in London 'Polish Psychologists’ Association'- their mission is to provide free psychological support to the Polish speaking community in the UK. Specialties: Psychology, Career Advising, Psychological Support, Training. [http://www.polishpsychologists.org/](http://www.polishpsychologists.org/)

Talking from the Heart - [http://www.talkingfromtheheart.org/](http://www.talkingfromtheheart.org/) It's a project called Talking from the Heart - it provides films in various languages (Urdu, Somali and Bengali) where professionals and spiritual leaders talk about mental health and what to expect from therapy

Asian Women Lone Parents Association - To build confidence in order to enable Asian women lone parents to access services to improve their quality of life. Volunteering, signposting, group support, one to one support, personal development, befriending, outreach, mental health awareness

**Web:** [http://www.awlpa.org/](http://www.awlpa.org/)
Housing and Homelessness

Ace of Clubs - Day centre for homeless/unemployed people and others in need. Cheap meals, access to health care, laundry, shower facilities. Advice on benefits and housing by appointment Monday-Thursday. Advice on finding accommodation. Clothing store. Recreational activities. Mainly homeless people, others in need in the local community aged 16+ and unemployed people. Email: aceofclubs@talktalkbusiness.net Website: www.aceofclubsclapham.org

Refugee Council One Stop Service - Advice line and drop-in covering issues including family reunion, identity and travel documentation, education, housing, legal issues and information about refugee community organisations. Meals, clothing, access to showers and laundry facilities via drop-in. 0300123 2228 Unit 23, Eurolink Business Centre, 49 Effra Road, Brixton, SW2 1BZ http://www.refugeecouncil.org.uk

Manna Centre - Centre for single homeless people and those in need. Housing and welfare advice 9.30am-1.30pm. Free food, clothing and showers. Surgery and visiting nurse Tuesday and Friday 10am-12.30pm. Mental health worker Tuesday 10am-1pm. Chiropodist fortnightly. Optician monthly. Osteopath Wednesday 10am-1pm. Dentist monthly. Jobcentre Plus advice Thursday 9.30am-12 noon. Furniture. Email: daycentre@mannasociety.org.uk Website: www.mannasociety.org.uk

The Spires Centre - Day centre for homeless and disadvantaged people. Advice on benefits. Help with finding accommodation. Mental health and drug, alcohol, tenancy support. Nurse Tues 10am-1pm. Women only session, with focus on sex workers. Clothing, showers. Free lunch Tuesday. Rough sleepers’ free breakfast Tuesday, Wednesday, Thursday, Friday. Adult learning, including literacy, IT, volunteer training, art, music. Email: info@spires.org.uk Website: www.spires.org.uk

Olive Morris House, Housing Benefits & Council Tax Benefit, 18 Brixton Hill, London, SW2 1RL, 0345 302 2312
Monday-Friday:9am-5pm

SHP - Tenancy Support & Related Issues, 55 Bondway, Vauxhall, London, SW8 1SJ, 0800 840 1203
Housing and Homelessness Cont’d..

START & SCOT Team (no second night out) 88/90 Camberwell Road, London, SE5 0EG, Tel: 02032285900, Fax: 02032285902

Webber Street - Day centre for homeless people. Free tea/coffee and breakfast 9am-12 noon Monday to Thursday and Saturday. Doors open at 9am when tea is available. Showers and clothing store. Film club on Tuesday afternoon. START team every other Thursday. Nurse available 2-3 days a week. Email: enquiries@webberstreet.org.uk Website: www.lcm.org.uk

LB Lambeth - Support Needs Assessment & Placement Team (SNAP) - Provides main gateway to housing related support services funded by the Supporting People Programme. Access housing related support for people and refer to Supporting People funded services to enable them to live more independently. People who can receive support include those with mental health or substance misuse issues, ex-offenders, older people and 16-17 year olds. Email: infosnap@lambeth.gov.uk Website: www.lambeth.gov.uk 020 7926 4407

Brixton Soup Kitchen - Free hot food, drinks and company. Open 10am-2pm Monday-Friday. Also offer free internet, job guidance, CV workshops, housing & benefits advice, and free legal advice (on Mondays). Address: 297-299 Coldharbour Lane, Brixton, SW9 8RU Tel: 07538419514 Email: info@brixtonsoupkitchen.com
Self Help Material and Mobile Apps

Centre for Clinical Interventions - The resources provided on this website aim to provide general information about various mental health problems, as well as, techniques that focus on a cognitive behavioural approach to managing difficulties. [http://www.cci.health.wa.gov.au/resources/consumers.cfm](http://www.cci.health.wa.gov.au/resources/consumers.cfm)

Get self help – A range of self help material, worksheets to help manage a variety of common mental health problems. [http://www.getselfhelp.co.uk/](http://www.getselfhelp.co.uk/)

Self Help Tools - Self-help.tools is for people who want to learn to manage how they are feeling. It includes information about common difficulties such as anxiety and depression, and information about Cognitive Behavioural Therapy (CBT) which is an effective psychological treatment. [Web: http://self-help.tools](http://self-help.tools)

Get self help phone apps - [http://www.getselfhelp.co.uk/links2.htm](http://www.getselfhelp.co.uk/links2.htm)


Translated Materials - [http://www.londonhp.nhs.uk/services/mental-health/improving-access-to-ps](http://www.londonhp.nhs.uk/services/mental-health/improving-access-to-ps)

100 Happy days – Make a positive log through photos [www.100happydays.com](http://www.100happydays.com)


Self help booklets from University of Exeter - [http://cedar.exeter.ac.uk/iapt/iaptworkbooksandresources/](http://cedar.exeter.ac.uk/iapt/iaptworkbooksandresources/)

Return to Community resources menu
Return to Diagnosis/Mental Health problem menu
Bereavement

**Cruse Bereavement Service** - Cruse Bereavement Care is here to support you after the death of someone close.
http://www.cruse.org.uk/

**Support group for bereavements**
http://slam.newsweaver.com/1ebkwcwi3824t8pfldhy9q5?email=true&a=2&p=43819175&t=23544355

**Miscarriage Association** -
http://www.miscarriageassociation.org.uk/

**South West sands group** - Sands is registered charity which can offer support when your baby dies during pregnancy or after birth.
http://www.swlondonsands.co.uk/about-south-west-london-sands/

**Stillborn and Ante Natal Death Support** - bereavement counselling
http://www.uk-sands.org/

**Compassionate friends** - Supporting bereaved parents & their families after a child dies
http://www.tcf.org.uk/
Women

Lambeth Women’s Project - Activities for young women. Drop in on Tues evening for women 11-24. 166a Stockwell Rd London SW9 9TQ. 0207 326 4447

Threshold Women’s mental health info line - National free helpline run by women for women. 0808 8086000 www.thresholdwomen.org.uk

Baytree Centre - (Provide education, training, personal and social development for women and girls) 300 Brixton Rd, London, SW9 6AE. 02077335283 http://www.baytreecentre.co.uk/home.html

Fegan’s Child and Family Care - Support for families and children. Holiday clubs and parental support. St Stephen’s Church, St Stephen’s Terrace, London, SW8 1DH 02078203759
Connecting People and Social Activities

Ceritude Help for people in Lambeth to connect with other people and places in the community to build the kind of strong supportive network that is shown to contribute significantly to wellbeing. Used by the Community Options Team in developing strong support systems for people to look after themselves well and give wellbeing to others. Support works on two levels:

1. **Connect and Do** is an online networking tool to connect people and activities in Lambeth Website: [http://www.connectanddo.org](http://www.connectanddo.org)
2. **The Community Connecting Team** – a team of professionals who aim to work personally with people who are isolated or are at risk of social isolation

**National Volunteering Centres** ([www.do-it.org](http://www.do-it.org)) - getting together to learn something, do something, share something [http://www.do-it.org/Volunteering](http://www.do-it.org/Volunteering)

**Sporting Recovery** - Based in South London, we focus on team sports to give structure and promote social interaction to people with complex care needs on their recovery journey. Offers a range of team sport activities and exercise nutritional advice. **Web:** [http://www.sportingrecovery.org.uk](http://www.sportingrecovery.org.uk)

**Action for Happiness** - is a movement for positive social change. We're bringing together people from all walks of life who want to play a part in creating a happier society for everyone. [http://www.actionforhappiness.org/10-keys-to-happier-living/notice-the-world-around](http://www.actionforhappiness.org/10-keys-to-happier-living/notice-the-world-around)

**Blackfriars Settlement** is a registered charity based in London SE1 for over 125 years that aims to create and provide community services and support. Whether you want to learn new skills or to have fun and make friends, we have something to suit you. [http://www.blackfriarssettlement.org.uk/mental-health](http://www.blackfriarssettlement.org.uk/mental-health)

**Mosaic Clubhouse** – Drop in community centre looking at a range of issues including Mental Health, Benefits advice and advocacy, Housing advice, Physical wellbeing, Employment and education, Smoking cessation, Timebanking opportunities, Opportunities to join peer support groups, social networks and the Recovery College. [http://mosaic-clubhouse.org](http://mosaic-clubhouse.org)

**Waterloo action centre** – Range of community activities, support for various age groups as well as sixty plus. [http://www.waterlooactioncentre.co.uk](http://www.waterlooactioncentre.co.uk)
The Reader Organisation - http://www.thereader.org.uk
Award winning charitable social enterprise. Join a reading group to meet new people, get connected, build confidence, improve social skills, find stimulation and a love of reading. The Reader Organisation also run courses aimed at developing the craft of shared reading. Opportunities to go and listen to others read aloud. Email: loiswalters@thereader.org.uk  Phone: 07730503144

100 Happy days – Make a positive log through photos www.100happydays.com

The Dragon Café - The Dragon Cafe provides a simple, affordable, healthy menu each week, and a wide range of creative and well-being activities, all of which are free and open to all.  http://dragoncafe.co.uk/

Cool Tan Arts – Book a consultation with a wellbeing advisor and create an individually tailored wellbeing plan. We will explore your interests enabling you to identify goals and areas of your life that matter to you most. We will encourage you to take control of your life and meet your full potential. We offer a range of free activities including: creative workshops, self-advocacy training, volunteering opportunities, guided healthy history walks and much more.  
Tel: 020 7701 2696
Abuse and Neglect

MARAC - The MARAC is a monthly meeting where professionals meet to share information on high and very high risk cases of domestic violence. To Discuss making a referral to the MARAC please contact Sandra Anlin, Domestic Violence Project Officer, on sanlin@lambeth.gov.uk or 0207 926 7163.

Respect Phoneline Individuals who are concerned about their violence and abuse towards a current or an (ex) partner. Respect also takes calls from professionals from both the statutory and voluntary sectors. http://www.respectphoneline.org.uk/phoneline.php

The GAIA Centre - The Gaia Centre is a multi agency staffed advice centre for women who are experiencing domestic abuse in Lambeth http://refuge.org.uk/what-we-do/our-services/gaia-centre-lambeth/

Solace Women’s Aid (formerly known as Lambeth Women’s Aid) provides safe and supportive temporary accommodation to female victims of Domestic abuse. The refuge staff provide advice and advocacy on housing issues, welfare benefits and legal remedies that will empower women to move on to independent and safe living. An outreach service for women and children who are living independently within the community is also available through Lambeth Women’s Aid. This includes work with children and young women who have either witnessed domestic violence and/or experienced domestic Violence http://solacewomensaid.org/get-help/lambeth/


Rape and Sexual Abuse Support Centre - A professional and passionate team working in a centre of excellence, dedicated to the healing and empowerment of survivors of sexual violence. Offering a helpline, counselling, advice and training. National freephone helpline: 0808 802 9999 Web: http://www.rasasc.org.uk/

Victim Support - Offers support for victims of crime and their families www.vslambeth.org.uk

Reach - a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence. http://www.reachma.org/

Broken Rainbow - is a UK LGBT domestic abuse helpline. It provides advice, support and referral services to LGBT people experiencing homophobic, transphobic and same sex domestic violence. http://www.brokenrainbow.org.uk/

The Havens - Individuals who have been raped or sexually assaulted in the last 12 months. This includes a service for both men and women, and a service for young people and children. http://www.thehavens.org.uk/

St Michaels Fellowship - Services are available for males under 25 and females under 19 years old. www.stmichaelsfellowship.org.uk

Return to Community resources menu
Return to Diagnosis/Mental Health problem menu
Debt and Benefits

Centre 70 – Advise and support with debt, housing and counselling.
http://centre70.org.uk/

Every Pound counts - Every Pound Counts offers a free benefits check and advice to ensure you claim your full benefits entitlement.
http://www.lambeth.gov.uk/Services/AdviceBenefits/Benefits/BenefitsAdvice.htm

MoneySavingExpert Guide to debt and mental health – Created alongside a number of leading charities

Lambeth Law - The Law Centre enables local people in Lambeth and the surrounding areas to understand their legal rights and enforce them. Through our work we aim to achieve social change for a fairer and more equal society.
http://www.lambethlawcentre.org/

National Useful Numbers:
Benefits Helpline 0845 377 6001
Crisis Loans 0800 032 7952
DLA 0845 712 3456
National Insurance Number 0845 915 7006
Tax Credits 0845 300 3900
Pension Credits 0845 606 0265
Disability Benefits Inquiry Line 0800 88 22 00

Housing options Welfare Reform – 0207926 3191

The size criteria for bedroom tax – 020 7926 1952

Lodging Scheme - Broadway house – supporting to get a lodger in due to bedroom tax.

Bank Project – SHP and Lambeth Council.
Debt and Benefits  Continued

Food Banks - http://norwoodbrixton.foodbank.org.uk/ - Brixton
http://www.oasischurchwaterloo.org/what/waterloo-foodbank - Waterloo

Welfare benefits – Useful new website about benefits, and how to book advice sessions, via the website, some are based in GP surgeries
Web: www.onelambethadvice.org.uk

Low cost online food shopping – Exploits time scales between ‘best before’ and ‘use by’ dates on food. Could be really handy to keep costs down.
Web: http://www.approvedfood.co.uk/
Alcohol and Drugs

Lambeth Drug and Alcohol Services SLAM Lorraine Hewitt House, 12-14 Brighton terrace, SW9 02032281500 Walk-in assessment clinics 9.00-11.00am Monday- Friday They provide a variety of services for drug users including prescribing, support and social work advice, benefits advice and needle exchange. They see all new clients from 9.30am Monday to Friday, walk-in. Need to be there by 8.30 am and first few in queue are seen that morning.

LEIPS Alcohol Intervention Service - Call 0203 049 5221 or email gst-tr.AlcoholLEIPS@nhs.net for one-one assessment and service for people drinking above recommended limits. For Lambeth residents or those with a Lambeth GP, 18 years old or over.

Aurora Project Lambeth is a social enterprise, based in the London borough of Lambeth. The project offers support to people who are in, or about to go through, treatment for drug and/or alcohol problems within the borough through a Volunteer Peer Mentoring scheme http://www.auroraprojectlambeth.org.uk/what_we_do.html

ARP Choices - ARP Choices is an alcohol counselling service for clients from minority ethnic communities. Choices has counsellors from Afro Caribbean, Asian and African communities. 140 Stockwell Road London SW9 9TQ 020 7737 3363

Lambeth Harbour - The service is open to all Lambeth residents over the age of 18 years. We offer a free, friendly and confidential service for people with drug and alcohol problems. The project provides a vast range of services and support to help assist recovery. http://www.blenheimcdp.org.uk/lambeth-harbour

Lambeth Early Intervention & Prevention Service (LEIPS) – Alcohol Intervention. Referral can be made through IAPT practitioner or GP

Mount Carmel – Provides a safe, supportive, therapeutic and non-judgemental environment for people with serious alcohol problems who see abstinence as their only way forward. An 18 bedroom residential treatment centre in south London, also offering day programmes, counselling and detox management. Tel: 0208 769 7674 Email: info@mountcarmel.org.uk
Volunteers supporting Families (VsF) project - matches trained volunteers with families who are in need of Additional Support. [http://www.csv.org.uk/volunteering/mentoring befriending/volunteers-supporting-families](http://www.csv.org.uk/volunteering/mentoring befriending/volunteers-supporting-families)

Home Start - Home-Start Lambeth offers support, friendship and practical help to families across Lambeth. We train volunteers who are usually parents themselves to visit families with at least one child under 5, in their homes and we also run weekly family support groups. [http://www.homestartlambeth.co.uk/](http://www.homestartlambeth.co.uk/)

St. Michael's Fellowship - believes passionately in providing equality of opportunity for all children –regardless of birth circumstances. We work to create sustainable positive change in the lives of disadvantaged families, and aim to break the cycle of poverty that is often passed down generations. Offers support from young parents, abuse and parent and child groups. [http://www.stmichaelsfellowship.org.uk/](http://www.stmichaelsfellowship.org.uk/)

Best Beginnings - an organisation for new mums can provide help w postnatal depression, breastfeeding etc [http://www.bestbeginnings.org.uk/](http://www.bestbeginnings.org.uk/)

SureStart Children’s Centres – Offers services and courses for families across 3 centres in Lambeth, including low cost quality childcare:
- Rosendale Children’s Centre [www.rosendale.cc](http://www.rosendale.cc) (SE21 8LR)
- Cherry Tree Children’s centre [info@cherrytreecc.org](mailto:info@cherrytreecc.org) (SE27 9HE)
- Liz Atkinson Children’s centre [lizatkinson@rosendale.cc](mailto:lizatkinson@rosendale.cc) (SW9 6PH)
Eating Disorders

**Eating Disorder service** - We offer assessment, treatment and management of people with anorexia nervosa, bulimia nervosa, binge eating disorder or mixed eating disorder symptoms (eating disorder not otherwise specified), providing a range of evidence-based care packages tailored to the needs of patients and their carers. *Referral through IAPT or GP* [http://www.national.slam.nhs.uk/services/adultservices/eatingdisorders/](http://www.national.slam.nhs.uk/services/adultservices/eatingdisorders/)


**IAPT** – Brief CBT for disordered eating or where depression or anxiety is the primary focus. [http://www.slam-iapt.nhs.uk/section.php?id=19](http://www.slam-iapt.nhs.uk/section.php?id=19)
Sleeping Problems

IAPT – Brief CBT workshop or 1:1 for insomnia or disrupted sleep. http://www.slamiapt.nhs.uk/section.php?id=19

Sleep disorder service - Our sleep disorders centre is a nationally renowned centre of Excellence for the investigation and treatment of disorders of sleep, including:

- sleep apnoea
- unusual behaviours during sleep such as sleepwalking and acting out dreams
- restless legs
- the causes of excessive sleepiness.

General sleep clinics run daily and cater for adults only. We aim to see routine referrals within six weeks. All referrals must come from a GP or another consultant. http://www.guysandstthomas.nhs.uk/our-services/sleep-disorders-centre/patients.aspx
Long Term Health Conditions

Lambeth Expert patient programme - The Experts Patients programme (EPP) is for anyone in Lambeth who is living with a long-term health condition. Referral can be made through IAPT and Lambeth early intervention service
http://lambethandsouthwarkmind.org.uk/directory/the_experts-patients-programme/

IAPT - Chronic pain group and 1:1 work using brief CBT or counselling.
http://www.slam-iapt.nhs.uk/section.php?id=19

Input - INPUT is a pain management centre at St Thomas' where patients from all over the country come to learn better ways of coping with their pain. The centre offers residential service which run throughout the year for up to 10 patients at a time.

Chronic pain service Slam - Our service is an internationally recognised research and treatment unit, which provides a specialist diagnostic assessment and treatment for people with chronic fatigue syndrome (CFS). We have developed models for understanding and treating CFS and continue to be at the forefront of research and development in this field.
http://www.national.slam.nhs.uk/services/adult-services/chronicfatigue/
HIV

CASCAID – Provide assessment and treatment in the community that are diagnosis with HIV. http://lambethandsouthwarkmind.org.uk/directory/cascaid-hiv-mental-health-team/

Caldecot centre – http://www.kch.nhs.uk/service/a-z/hiv

Terrance Higgins Trust - We are the largest voluntary sector provider of HIV and sexual health services in the UK, running services out of local centres across Great Britain. http://www.tht.org.uk/.

Body & Soul - Provides support services for children, women & straight men living with HIV. Based in Islington but accepts referrals from all over London and beyond Lots of support services including groups, workshops and counselling, as well as practical support. Here's their website: http://bodyandsoulcharity.org/
Neuropsychiatry and Memory Disorder Service We provide a general neuropsychiatry service and specialist memory disorders service. The general neuropsychiatry service provides assessment and treatment of the psychiatric and behavioural manifestations of medical disorders (for example SLE, HIV, Korsakoff’s syndrome, cerebral hypoxia, cardiac and neurological disease).

Web: http://www.slam.nhs.uk/our-services/servicefinder-details?CODE=SU0280

Headway Trauma - Headway - the brain injury association is a registered charity dedicated to improving life after brain injury. Web: https://www.headway.org.uk/home.aspx Free Helpline: 08088002244 Email: helpline@headway.org.uk
Anxiety

**Lambeth Talking Therapies (IAPT)** - Delivering brief CBT or counselling NHS service. 0208 228 6747
http://www.slam-iapt.nhs.uk/section.php?id=19

**Agoraphobics United**
A telephone listening ear service offering support to housebound agoraphobic, lonely, isolated and those with mental health issues. We believe a problem shared is a problem halved. Calls are free from a UK landline. We cannot accept calls from mobile phones.
Email: sazzle1@ntlworld.com Tel: 0203-92610391

**Anxiety Alliance**
Self help to those who suffer from anxiety disorders, panic attacks and obsessive compulsive disorder, together with those who wish to withdraw from tranquillisers and anti depressants. Help and support will be provided for their carers family and friends. Email: anxietyalliance1@btinternet.org.uk Web: www.anxietyalliance.org.uk
Tel: 0845-2967877

**Anxiety UK**
User-led, charity offering information and supportive services including therapy and a helpline for all anxiety disorders including panic disorder, phobias, generalised anxiety disorder. Email support service available.
Email: support@anxietyuk.org.uk Web: www.anxietyuk.org.uk
Tel:0844-4775774
Specific Phobias

Agoraphobics United
A telephone listening ear service offering support to housebound agoraphobic, lonely, isolated and those with Mental health issues. We believe a problem shared is a problem halved. Calls are free from a UK landline. We cannot accept calls from mobile phones.
Email: sazzle1@ntlworld.com Tel: 0203-92610391

Pets for Therapy
Pets As Therapy also provide individual animal assisted therapy (AAT), working with stroke patients and people with dog phobias.
http://www.petsastherapy.org/

British Airways – Fear of flying support
http://flyingwithconfidence.com/courses/conquering-your-fear
Depression

Lambeth Talking Therapies (IAPT) - Delivering brief CBT or counselling. NHS service. 0208 228 6747 http://www.slam-iapt.nhs.uk/section.php?id=19

Depression Alliance
An organisation that offers information and advice about depression and campaigns to raise awareness of the realities of depression.
www.depressionalliance.org

Friends in Need - You can maintain recovery from depression by connecting with people, being active, taking notice, learning and giving to others.
https://friendsinneed.co.uk/

PANDAS Foundation: Pre and postnatal depression advice and support. Web: www.pandasfoundation.org.uk
Psychosexual Problems

Psychosexual service - Our service offers assessment and treatment for individuals and couples who are experiencing difficulties with their sexual functioning, where the primary cause is psychological, or where the psychosexual problem has developed as a result of physical pathology. Referral through IAPT or GP

Web: http://www.national.slam.nhs.uk/services/adultservices/psychosexual/


Online self-help tool - http://www.sexaddictionhelp.co.uk/
Personality Disorder

**IAPT** – Possible workshops if primary problems fits the focus on therapy i.e sleep problems. For long term therapy consider IPTT for CAT, DBT, Psychotherapy, Cawley Centre.

**Forensic Intensive Psychological Treatment Service** – Assessment, treatment and management of people with personality disorders who are identified as presenting a high risk of causing serious harm to others. [http://lambethandsouthwarkmind.org.uk/directory/forensic-intensive-psychological-treatment-service-fipts-2/](http://lambethandsouthwarkmind.org.uk/directory/forensic-intensive-psychological-treatment-service-fipts-2/)

**Self Harm Service** - Our service is for people who repeatedly self-harm and who have chronic interpersonal difficulties. The service has been designed to work with People that other services have found difficult to help and who make frequent use of emergency services or multiple care agencies. [http://www.national.slam.nhs.uk/services/adult-services/selfharm/](http://www.national.slam.nhs.uk/services/adult-services/selfharm/)
ADHD and Autism Spectrum Disorder

Autism assessment and behavioural genetics clinic. Our unique clinical and research-led service offers an evidence-based approach to the assessment and treatment of people with neurodevelopmental disorders that are associated with cognitive abnormalities, behavioural problems or both. We serve two patient groups who have complex genetic neurodevelopment disorders. The first group are those with autism spectrum disorder (ASD), including autism and Asperger’s syndrome.  
http://www.national.slam.nhs.uk/services/adult-services/autismclinic/  

Adult ADHD Service - We provide assessment and treatment for adults with attention deficit hyperactivity disorder (ADHD).  
http://www.national.slam.nhs.uk/services/adult-services/adultadhd/  

National Autism Unit - We are the only NHS provider offering specialist inpatient assessment and treatment to men with high functioning autism spectrum disorder (ASD)  
http://www.national.slam.nhs.uk/services/adult-services/nau/  

Resources for Autism - provide practical services for children and adults with an autistic spectrum condition and for their families and carers, including social and support groups for high functioning autism.  
http://www.resourcesforautism.org.uk/  

National Autistic Society – Lambeth’s local contact email is lambeth@nas.org.uk  

IAPT – Offering CBT and counselling. If primary focus is depression and anxiety with co-morbid presentation of ADHD or ASD.  
http://www.slam.iapt.nhs.uk/section.php?id=19

Return to Community resources menu
Return to Diagnosis/Mental Health problem menu

South London and Maudsley NHS Foundation Trust
Psychosis

**SHARP** - Social Inclusion Hope and Recovery Project - A specialist team focused on recovery and well-being for those already using mental health services. Aimed at developing peoples’ *coping skills, resilience and confidence*. Individual, family and group psychological therapies, social inclusion therapy, health and wellbeing programmes. [http://www.slam.nhs.uk/media/238595/sharp_poster.pdf](http://www.slam.nhs.uk/media/238595/sharp_poster.pdf)

**PICUP/IAPT SMI** - offers CBT and Family Interventions for people with distressing positive symptoms of psychosis (including those with a diagnosis of bipolar disorder), or those with a history of psychosis whose main difficulties are secondary emotional problems. Referrals from secondary care services only (eg. CMHT), or GP can apply to CCG for funding, or can self-fund treatment [http://www.national.slam.nhs.uk/services/adult-services/picup/](http://www.national.slam.nhs.uk/services/adult-services/picup/)


**OASIS** - Outreach and Support (Lambeth and Southwark) offers advice and support for people, aged 14 - 35, who are having psychological and emotional problems, including psychosis [http://www.slam.nhs.uk/our-services/service-finder-details?code=SU0044](http://www.slam.nhs.uk/our-services/service-finder-details?code=SU0044)

**IAPT SMI** – Part of PICuP. Need to access IAPT SMI (serious mental illness) through PICuP [http://www.slam-iapt.nhs.uk/section.php?id=19](http://www.slam-iapt.nhs.uk/section.php?id=19)
Bipolar

IAPT – Primary problem of depression can be engaged in our Bipolar workshops. If anxiety can be seen within IAPT for 1:1 or groups. [http://www.slamiapt.nhs.uk/section.php?id=19](http://www.slamiapt.nhs.uk/section.php?id=19)

Community Mental Team – Onwards referral for diagnostic assessment.
Learning Disabilities

Rathbone - provides individual support and group activities for young people and adults with learning disabilities in and around Lambeth. We encourage and support service users to become more independent; to make their own choices; to live a safe and healthy life; to make and maintain positive social relationships and to try new and interesting experiences.
http://rathbonesociety.org.uk/

Disability Advice Service Lambeth - Provides an advice and information helpline service and face to face advice service. Tel: 020 7738 5656
www.disabilitylambeth.org.uk

People First Lambeth is a charity that supports people with learning difficulties to stand up for themselves and take control of their lives.
http://www.peoplefirstlambeth.org.uk/about-us/

Lambeth College - provide support to students with dyslexia.
http://www.lambethcollege.ac.uk/_docs/Learning%20Support%20Guide.pdf

Valuing People Support Team
Volunteering People is the government’s plan for making the lives of people with learning disabilities and their families better. This website gives information and advice to people with learning difficulties, including resources about work and education.
www.valuingpeople.gov.uk