



**South London
and Maudsley**
NHS Foundation Trust

Community Services Guide

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Lambeth Talking Therapies

1a Dalbury House
Ferndale Road
LONDON
SW9 8AT

Telephone: 020 3228 6747
Fax: 020 3228 6745

<https://slam-iapt.nhs.uk/lambeth>

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Abuse & Neglect

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National LGBT Domestic Abuse Helpline: 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.galop.org.uk/domesticabuse/>

Family Mosaic domestic violence online resource folder: Support for people suffering domestic violence. http://www.familymosaic.co.uk/userfiles/Documents/Housing_Management_brochures/Domestic_Violence_leaflet.pdf

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

Lambeth Domestic Violence Pack – (Lambeth Talking Therapies clinician accessible. To be sent on separately). See Lambeth Talking Therapies > Referral onwards and other services > Community Resources and Services > “Lambeth Domestic Violence Resource Pack”

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.

Mens' Advice Line (MALE) - Advice and support for males suffering abuse. http://www.mensadvice.org.uk/mens_advice.php

National Association for People Abused in Childhood (NAPAC) - A resource for anybody sexually abused in childhood. Tel: 0808 801 0331. <http://napac.org.uk/>

Polish Specific Domestic Violence Service - offers advice and support (including a helpline) to Polish females living in UK and who are victims of domestic violence. <http://www.nowezyciebezprzemocy.co.uk/>

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. <http://www.rasasc.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/>

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://respectphoneline.org.uk/>

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

Safeline National Helpline for Men - 1 in 6 men in the have been targets of rape or sexual abuse, that's 5 million men in the UK. Abusers don't discriminate – it can happen to any man, of any age, race, class or sexual identity. Contact specially trained advisers for help, support and information. Men can also access free online or telephone counselling. Freephone: 0808 800 5005. Text: 07860 027 573. Instant message online at <https://www.safeline.org.uk>

Solace Women's Aid (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. Work with children and young women who have either witnessed domestic violence and/or experienced domestic violence. <http://solacewomensaid.org/get-help/lambeth/>

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. <https://www.thehavens.org.uk/>

The Survivors Trust - provide support for women, men and children who are survivors of rape, sexual violence or childhood sexual abuse. <http://thesurvivorstrust.org/find-support/london-england/>

Victim Support - Offers support for victims of crime and their families. <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/london/south-london>

Women's Aid (national): National 24-hour domestic violence helpline: 0808 2000 247. <https://www.womensaid.org.uk/>

ADHD and Autism Spectrum Disorder



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Lambeth Adult ADHD and Autism Service – Provides assessments for adult attention deficit hyperactivity disorder (ADHD) and autistic spectrum disorders, and treatment for mental health requirements in these groups. Requires referral by GP or mental health professional. Based at Clapham Family Practice. <http://www.national.slam.nhs.uk/services/adult-services/adultadhd/>

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

National Behavioural Genetics Clinic – referrals from Lambeth adult ADHD and autism service (above) if and when appropriate. Unique clinical and research-led service offering evidence-based approaches to the assessment and treatment of people with neurodevelopmental disorders that are associated with cognitive abnormalities, behavioural problems or both. <http://www.national.slam.nhs.uk/services/adult-services/autismclinic/>

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/>

Advice and Advocacy



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Brixton Advice Centre - The Brixton Advice Centre promotes access to justice by providing good quality legal advice and representation to people who would otherwise be unable to afford legal services. Information and advisors, online and in person. Local service finder also available online. Access to your member of parliament through MP surgeries. Web: <https://brixtonadvice.org.uk>; Address: 165-167 Railton Rd, London SE24 0LU.

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

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

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/>

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

Lambeth Advice Network - <http://www.lambethadvice.org.uk/>

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/>

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>

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.

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/>

Streatham Citizens Advice Bureau - Address: Barrhill Road, London, SW2 4RJ **Tel:** 020 8674 8993

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

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

Alcohol & Drugs



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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. Tel: 020 7737 3363

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

Lambeth Consortium: Drug and Alcohol Treatment in Lambeth - Providing a range of Drug and Alcohol Treatment in Lambeth. Find out more about the services provided and where these can be accessed. <http://www.lambeth-drug-alcohol.co.uk/>

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.

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

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>

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.

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

One Day at a Time – ODAAT is a drug and alcohol recovery programme, structured as a three-stage quasi-residential programme with professional therapeutic input. Operates a three-stage programme which comprises one to one and group counselling, 12-step therapy groups, relapse prevention, anger management and life skills groups, as well as social and sporting activities. Men aged 16-80 with motivation for change.



Anxiety



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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. Tel: 020392610391. Email: sazzle1@ntlworld.com

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. Tel: 0845-2967877. www.anxietyalliance.org.uk

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. Tel: 08444775774. www.anxietyuk.org.uk

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

Asylum Seekers

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

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

British Red Cross – helpful for people recently arrived in the UK and facing destitution.
<http://www.redcross.org.uk/>

CNWL Forced Migration Trauma Service – for PTSD patients – 020 7266 9575.

Community of Congolese Refugees in Great Britain – advice, children and young people, employment, leisure, housing, mental health, health service, volunteering.

Community of Tigrayan (Ethiopia) Refugees in Britain – tgezahegn@aol.com; 020 8333 5598

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>

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.

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/>

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

Immigrant Counselling & Psychotherapy (based in Finsbury Park):
<http://www.icap.org.uk/for-clients>

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.

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/>

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/> **Tel:** 020 7346 6700 (**referral form for therapeutic case work/counselling online*)

Refugee Therapy – <http://www.refugeetherapy.org.uk/>

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/>

Women's Therapy Centre: specialist provider of psychoanalytic psychotherapy to women including refugee and asylum-seeking women. www.womenstherapycentre.co.uk

Bereavement

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

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

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. **Web:** <http://www.swlondonsands.co.uk/about-south-west-london-sands/>

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

Support after Suicide & Help is at hand (Department of Health initiative) - provides people affected by suicide with both emotional and practical support. Order the government's official support guide, with those affected by suicide the principal authors. **Web:** <http://www.supportaftersuicide.org.uk/>

Support group for bereavements - <http://slam.newsweaver.com/1ebkwcwi3824t8pfdhy9q5?email=true&a=2&p=43819175&t=23544355>

The Loss Foundation - The Loss Foundation is a registered charity providing support to people who have lost loved ones to cancer; spouses, family members, friends. Operates support groups within London and Oxford, and other supportive events. Also provides an array of bereavement information online to support those that fall out of our support group catchment areas. **Web:** <http://thelossfoundation.org/>

Bipolar Disorder



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Community Mental Team – Onwards referral for diagnostic assessment.

IAPT – Primary problem of depression can be engaged in our Bipolar workshops. If anxiety can be seen within IAPT for 1:1 or groups. <https://slam-iapt.nhs.uk/>

Befriending & Peer Support

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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. Includes a dedicated service working with the carers of people with mental health difficulties. 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>. Enquiry line: 0207 642 0038 Email: connect@carershub.org.uk

Lambeth and Southwark Mind self-management training – Web:
<http://lambethandsouthwarkmind.org.uk/how-we-can-help-you/self-management/>

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
Web: <http://www.metropolitan.org.uk/about-us/initiatives/peer-support-training/>

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/>

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>

BAME and Foreign Languages

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Generic Services

Lambeth Asian Centre -Day centre services for older people (50+) from the Asian communities. Woodlawns Day Centre, 16 Leigham Court Rd, London, SW16 2PJ, 0208 677 8200

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

Mental Health and Self-Help Guides in Foreign Languages -
http://www.mhim.org.uk/other_languages.html

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/>

Naz Project London (NPL) - NPL is the longest established and largest BME charity in London addressing the sexual health an HIV/AIDS needs of its communities. <http://naz.org.uk/>
Afghanistani

Resource for BAME Gay & Bisexual Men: The Quest run tailored workshops aimed at gay and bisexual BAME men. <http://www.thequestawaitsyou.com/services/quest-workshop-bme-men/>

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

Specific Communities and/or Languages

Afghan / Dari / Farsi / Pashto / Arabic / English

- **Paiwand:** Advice, elderly support, health services and mental health, housing, interpretation and translation, leisure, women for people from Afghanistan.

African and Afro-Caribbean

- **Fanon Resource Centre** – Mental health service for women from African and African Caribbean. Activities and home visits. Support for mothers and carers. Befriending.

<http://www.lambeth.gov.uk/Services/HousingPlanning/HomelessSupportAndAdvice/FanOnResourceCentre.htm>

Bengali

- **Changing Minds Centre** – CBT materials for Bengali speakers.
<http://www.changingmindscentre.co.uk/v/bengali>

Chinese

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

East European

- **East European Advice Centre** – Give advice about welfare, housing, employment and other matters. <http://www.eeac.org.uk/>

Gujarati

- **Changing Minds Centre** – CBT materials for Gujarati speakers.
<http://www.changingmindscentre.co.uk/v/gujarati>

Hindi

- **Changing Minds Centre** – CBT materials for Hindi speakers.
<http://www.changingmindscentre.co.uk/v/hindi>

Iranian

- **Iranian Association** – promotes mental health particularly amongst those who may have experienced trauma. www.iranianassociation.org.uk

Iraqi

- **Iraqi Association** – community development, education for children.
www.iraqiassociation.org

Latin American

- **Indoamerican Refugee Migrant Organisation** - Legal advice on immigration, labour rights, housing and welfare. English classes, employability (CV, interviews, job hunt, IT), children's homework club, women's group. **Address:** Unit 8, Warwick House, Overton Road, London, SW9 7JP **Telephone:** 0207 733 9977 **Web:** <http://www.irmo.org.uk>
- **Latin American Disabled People's Project** - Legal advice on housing, welfare and disability benefits. Advice and support: community care, access to education and training, and access to health care. Mental health and wellbeing support, befriending, knitting and guitar classes. English classes and skills for work workshops. **Address:** Unit 7 of the Kennington Workshop, 42 Braganza Street, Kennington, SE17 3RJ **Web:** <http://www.ladpp.org.uk/>
- **Latin American House** - Legal advice on immigration, welfare, housing, employment, and family law. English and IT classes. Nursery, film club and cultural events. **Address:** 10 Kingsgate Place, NW6 4TA, United Kingdom **Web:** <http://www.casalatina.org.uk/en/>
- **Latin American Women's Aid** - Support for victims of domestic violence, refuge for survivors. Legal advice on immigration and welfare. Workshops and women's group, psychotherapy services for children. **Contact number:** 020 7275 0321 **Web:** www.lawadv.org.uk
- **Latin American Women's Rights Service** - Legal advice in housing, benefits and debt, immigration, labour rights, and family law. Advice and support for victims of domestic violence, counselling and psychotherapy. Girls and young women's group. English classes. **Address:** Tindlemanor, 52-54 Featherstone Street. London, EC1Y 8RT **Contact number:** 020 7336 0888 **Web:** <http://www.lawrs.org.uk>
- **Naz Latina** - Sexual health information and support groups for people with HIV, free condoms and rapid HIV testing in BME community languages (Spanish, Portuguese, etc.). **Address:** Naz Project London, 30 Blacks Rd, London W6 9DT **Contact number:** 020 8741 1879 **Web:** <http://www.naz.org.uk/Latina.php>
- **Teléfono de la Esperanza** - Mental Health services: emotional support, crisis intervention, phone helpline and individual sessions, trainings. **Address:** St. Paul's Church, Lorrimore Square Kennington, SE17 3QU **Telephone:** 020 7733 0471 **Web:** <http://www.telefonodelaesperanza.org.uk/>

Muslim Women

- **ZamZam Counselling** – Private counselling for Muslim women.
<http://www.zamzamcounselling.co.uk/>

Polish

- **Changing Minds Centre – Materials in Polish** – CBT materials for Polish speakers.
<http://www.changingmindscentre.co.uk/v/polish>
- **Mindfulness in Polish – mindfulness and MBCT explained in Polish**
<http://www.dorset-mindfulness.co.uk/mindfulness-po-polsku>
- **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/>

Portuguese

- **Physical and Mental Health Factsheets in Portuguese from Medline Plus** -
<https://medlineplus.gov/languages/portuguese.html>
- **Portuguese Depression Information Factsheet** -
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.

Russian

- **Changing Minds Centre** – CBT materials for Russian speakers.
<http://www.changingmindscentre.co.uk/v/russian>

South Asian Women

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

Tamil

- **South London Tamil Welfare Group** - South London Tamil Welfare Group is a registered charity, working for the Tamil community since 1985. The group mainly

supports Tamil refugees and other community members. The group offers advice on topics including: immigration; welfare benefits; domestic violence; and much more. For more information visit website.

<http://fis.wandsworth.gov.uk/kb5/wandsworth/fsd/service.page?id=zfQaGUIj5-E>

Urdu / Somali / Bengali

- **Talking from the Heart** - <http://www.talkingfromtheheart.org/> - provides films in various languages (Urdu, Somali and Bengali) where professionals and spiritual leaders talk about mental health and what to expect from therapy.

Physical Health, Mental Health and Self-Help Guides in Foreign Languages

- **NIA - alcohol + drugs + domestic violence** - <http://www.niaendingviolence.org.uk/links/index.html>
- **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
- **Centre for Addiction and Mental Health (other language) - 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
- **Health Information in Other Languages** - <http://www.ntw.nhs.uk/pic/languages.php>

Body Dysmorphic Disorder (BDD)



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BDD Foundation - aims to increase awareness and understanding of Body Dysmorphic Disorder & Muscle Dysmorphia. Website contains a number of peer support groups and information about evidence-based treatments. <http://bddfoundation.org/>

Connecting People and Social Activities



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

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>

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>

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/>
- **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.

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

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/>

National Volunteering Centres (www.do-it.org) - getting together to learn something, do something, share something <http://www.do-it.org.uk/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/>

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/>

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

Waterloo Action Centre – Range of community activities, support for various age groups as well as sixty plus. <http://www.waterlooactioncentre.co.uk/>

Counselling

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Awareness Centre - Provides Low Cost Counselling and Psychotherapy to clients during the day, evenings and weekends. £20 – £35 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

Centre 70 - Offers low-cost 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>

GAIA Centre Lambeth Support for people experiencing domestic violence **Contact:** lambethvawg@refuge.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>

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/>

Relate Counselling Offer counselling to families, couples, children & young people at a fee <http://www.relate.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/>

Telefono de la esperanza Offers free counselling, telephone crisis support and workshops for Spanish and Portuguese speaking clients. <http://www.telefonodelaesperanza.org/>

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

Waterloo Community Counselling - Offers low cost counselling and counselling for patients whose first language is another language <http://www.waterloocc.co.uk/>

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/>

Couples and Relationships



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Lambeth Domestic Violence Pack – (Lambeth Talking Therapies clinician accessible. To be sent on separately). See Lambeth Talking Therapies > Referral onwards and other services > Community Resources and Services > “Lambeth Domestic Violence Resource Pack”

Marriage Care – Marriage preparation, relationship counselling and more. Specialising in helping couples – married or not – build and sustain strong, fulfilling, healthy relationships, and in providing support in times of relationship difficulty. Workshops, relationship education services etc **Web:** <http://www.marriagecare.org.uk/>

Relate - The UK's largest provider of relationship support. Every year Relate helps over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships. Online resources, workshops, relationship counselling etc <http://www.relate.org.uk/>

Crisis Services

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CALM - a website specifically for men who are experiencing mental health problems and suicidal thoughts. CALM is a charity focussed on preventing suicide in men. They have a helpline (not 24 hours) and a webchat that men might find helpful. **Web:** <https://www.thecalmzone.net/> Phone line open from 5pm- midnight, every day of the year. London based number: 0808 802 5858.

CoDA - Co-Dependents Anonymous, a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. <http://coda.org/>

National Self-harm Network – <http://www.nshn.co.uk/>

Papyrus - prevention of young suicide - We are the national charity for the prevention of young suicide. We deliver awareness and prevention training, provide confidential support and suicide intervention through HOPELineUK, campaign and influence national policy, and empower young people to lead suicide prevention activities in their own communities **Web:** <https://www.papyrus-uk.org/>

Samaritans - A 24-hour phone line offering emotional Support www.samaritans.org.uk - **Tel:** 08457 90 90 90; **Freephone:** 116 123

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/>

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/>; Freephone: 0300 123 1922 - Monday - Friday 6pm – midnight; Saturday and Sunday 12pm - midnight

South London and Maudsley NHS Foundation Trust (SLaM) is launching a 24-hour free telephone line to support anyone in Lambeth, Southwark, Lewisham and Croydon experiencing mental distress. **Tel:** 0800 731 2864 (which is the same number that takes patients through to the patient advice and liaison service (PALS)). Callers can choose to speak to the helpline (operating 24 hours) or select a different option for PALS.

The Listening Place - They have 200 members of staff offering face to face support by appointment to patients throughout the day and are located in Pimlico, near the Tate Britain. They would welcome referrals from everywhere, in addition they don't have any catchment area restrictions. They see suicidal clients all day long, can assist clients in their own language,

match some requests on religion/sexuality/culture/gender, and they can follow them up for regular sessions up to a good 3 months, at times further, until patients are well again or fully engaged with the appropriate mental health service able to take over. Please see their website for additional information. Email: referrals@listeningplace.org.uk or telephone 020 3906 7676. Website: <http://listeningplace.org.uk/>

The May Tree Sanctuary for the Suicidal - 72, Moray Road, Finsbury Park, London, N4 3LG 020 7263 7070. Free for London Residents. www.maytree.org.uk.

Debt and Benefits

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

Eat Well Spend Less – Run by Waterloo Food Bank. 6-session courses in learning to cook and eat healthily on a budget. **Location:** Oasis Playspace, GMH Park (next to Imperial War Museum) **Email:** rebekah.gibson@oasiswaterloo.org

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>

Food Banks

- Brixton: <http://norwoodbrixton.foodbank.org.uk/>
- Waterloo: <http://www.oasischurchwaterloo.org/what/waterloo-foodbank>
- Waterloo Foodbank offering Eat Well Spend Less courses, see below. As well as Monday Community Lunches 'pay what you want'.

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/>

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. <http://www.approvedfood.co.uk/>

MoneySavingExpert Guide to debt and mental health – Created alongside a number of leading charities -
<http://images.moneysavingexpert.com/images/documents/mentalhealth2015v3.pdf>


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.

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

Depression

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Depression Alliance - An organisation that offers information and advice about depression and campaigns to raise awareness of the realities of depression. **Web:** www.depressionalliance.org
(Groups running locally – recently at St Leonard’s church in Streatham. Email streathamdagroup1@gmail.com)

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

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

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

The Blurt Foundation - Modern, user-friendly website offering a lot of online and peer support.
Web: <http://blurtitout.org/>

Eating Disorders



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Centre for clinical interventions - Self-help for disordered eating
http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=49

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/>

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>

Education

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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

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

Future Learn - Future Learn offers lots of free online courses ranging from Caring for people with psychosis and schizophrenia, Managing my Money to Dental Photography. It's particularly good for those studying at college or school (to give an idea of the level of education required) but anyone can register and take a course. Website: <https://www.futurelearn.com/about>

Lambeth College - <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

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

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/>

Employment & Learning

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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>

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 0QQ, 0845 604 3719
DEA: Ricky Jordon

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

Numeracy Challenge: The National Numeracy Challenge helps adults to learn the maths required for everyday life. **Web:** <https://www.nnchallenge.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

Status Employment – Offering job seeking workshops, 1:1 advice for retention problems for those in treatment. **Web:** <http://www.statusemployment.co.uk/lambeth-service.html>

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

Timpsons Dry Cleaning - Timpson's are offering free dry-cleaning for the unemployed before an interview **Web:** <https://www.timpson.co.uk/services/dry-cleaners/dry-cleaning-unemployed-interview>

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

HIV



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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/>

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>

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/>

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/>.

Hoarding



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Hoarding Support Group – run by staff from CADAT. The group will meet at Dockhead Fire Station, 8 Wolseley Street, SE1 2BP. Contact Dr Victoria Bream at CADAT for more details: Dr Victoria Bream on 07510 018470

Housing and Homelessness

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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

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

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

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

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

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>

SHP - *Tenancy Support & Related Issues*, 55 Bondway, Vauxhall, London, SW8 1SJ , 0800 840 1203

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

Stoll - Charity providing housing and enabling services to disabled and homeless ex-service personnel and other people with disabilities, in London. <http://www.stoll.org.uk/i-need-help/>

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

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

Learning Disabilities



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

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/>

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/>

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

Lesbian, Gay, Bisexual, and Trans (LGBT)



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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. <http://londonfriend.org.uk/get-support/drugsandalcohol/>

Body Pride – support group for LGBTQ+ people affected by Body Dysmorphic Disorder. www.bodypride.org.uk

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.

Web: <http://www.brokenrainbow.org.uk/>

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

Web: http://www.lambethlgbtforum.org.uk/Download_documents/LGBT_Services_Directory.pdf

London Friend – providing counselling to London’s LGBTQ community.

<http://londonfriend.org.uk/>

Metro Centre – providing counselling, groupwork, support, and advice to young people throughout London. <https://www.metrocentreonline.org>

NAZ - provides counselling and psychotherapy to those experiencing difficulties with their sexuality, relationships and sexual health. We work with adults, and specialise in working with people from BAME communities. Our counsellors have a range of languages and backgrounds. <http://naz.org.uk/counselling/>

Pink Therapy – directory of LGBTQ counsellors and psychotherapists providing private therapy throughout London and beyond. www.pinktherapy.com

Resource for BME gay men: The quest (see above) run tailored workshops aimed at gay BME men <http://www.thequestawaitsyou.com/services/quest-workshop-bme-men/>

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 **Web:**

<http://yourcareyourway.lambeth.gov.uk/Services/319/StonewallHousing>

Terence Higgins Trust – Information, support, and counselling services for people living with HIV. <http://www.tht.org.uk>

The Mix (formerly Get Connected) – Collates lots of useful information and lists support services for both sexuality and gender identity and cross-dressing issues **Web:** <http://www.getconnected.org.uk/get-help/gender-identity-and-sexual-orientation/>

The Quest - An exceptional resource for gay men to explore and better understand the complexities, joys, challenges, frustrations, thinking and emotions involved with being a gay man in today's world. Workshops, info etc. <http://www.thequestawaitsyou.com/>

UK Lesbian & Gay Immigration Group - a charity that promotes equality and dignity for lesbian, gay, bisexual, trans and intersex (LGBTI) people who seek asylum in the UK, or who wish to immigrate here to be with their same-sex partner. <https://uklgig.org.uk/>

Long-Term Health Conditions



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Chronic Fatigue Syndrome - GP referral to CFS unit at King's Hospital

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/>

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.

<http://www.guysandstthomas.nhs.uk/our-services/pain/input/overview.aspx>

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/>

ME Association - We provide information, support and practical advice for people, families and carers affected by **M.E. (Myalgic Encephalopathy)**, Chronic Fatigue Syndrome (CFS) and Post Viral Fatigue Syndrome (PVFS).

Mindfulness



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

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

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

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>

IAPT and Mindfulness for depression - <http://www.slam-iapt.nhs.uk/section.php?id=61>

Mums, Parenting, and Families

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Best Beginnings - an organisation for new mums can provide help w postnatal depression, breastfeeding etc Web: <http://www.bestbeginnings.org.uk/>

Children's Centres: offer the following services:

- family support and information, including parenting workshops
- support for before and after childbirth, for example speech and language therapy, midwifery support and nutrition advice
- outreach and home visiting to isolated families
- learning opportunities and advice on employment for parents
- child-minding support groups
- benefits information
- support for children with extra needs
- play group drop-ins

Parents can request to speak with the outreach worker at the centre to make a more individualised plan of support or to ask questions about services. To find local service, enter postcode at this site: <https://www.lambeth.gov.uk/social-support-and-health/families-and-children/find-a-childrens-centre> - **please note: people can go to ANY children's centre in Lambeth**, it doesn't have to be their closest one. Once they have registered at one, they are registered at all.

Family Action - offers support in a variety of ways to mothers/parents/families who we are seeing (befriending/emotional support/group support). A great addition to therapy.

<https://www.family-action.org.uk/>

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. Web:

<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.

Web: <http://www.stmichaelsfellowship.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 (SE21 8LR)
- Cherry Tree Children's centre info@cherrytreeecc.org (SE27 9HE)
- Liz Atkinson Children's centre lizatkinson@rosendale.cc (SW9 6PH)

Think Fathers: 1:1 support in relation to family and fatherhood skills. Space to reflect in relation to parenting skills. 61 Roseberry road, Fulham. Sw6 2NQ.
Tel: 07835176909

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>

Walking Mamas - Peer support walking group available for pregnant or new mums (babies up to a year) who are being treated within Lambeth Talking Therapies. Particularly for those who may be isolated or could benefit from talking to others in a similar position. Mondays 2:30-3:30, Clapham. Contact Sarah **Tel:** 07508 605763. **Email:** walkingmamas2016@yahoo.co.uk

Neurological Problems/Memory



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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

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>

Offending

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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/> - contact Lara Amusan

Bounce back: Offers training in painting and decorating for ex offenders on release from prison <http://bouncebackproject.com/>

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

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/londonsouth/lambeth-drug-treatmentprogramme/>

Nehemiah Project – Enabling men to break free of addiction and crime. Giving men who have a genuine desire to change the opportunity to address their addictive and criminal behaviour patterns in a structured and supportive environment and make new and informed decisions about the future. Currently running a Supported Housing Programme in South London. **Web:** <http://www.tnp.org.uk/>

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/>

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

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>

Victim Support - Offers support for victims of crime and their families <http://www.victimsupport.org.uk/>

Older Adults

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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/> and <http://www.ageuk.org.uk/lambeth/activities--events/staying-active-in-lambeth/clubs-groups--centres-/>

Alzheimer Society Lambeth

Support for Carers -

http://www.alzheimers.org.uk/site/custom_scripts/services.php?serviceCode=679&branchCode=13549&areaBC=EALO

http://www.alzheimers.org.uk/site/custom_scripts/services.php?serviceCode=26748&branchCode=13549&areaBC=EALO

Connecting communities –

http://www.alzheimers.org.uk/site/custom_scripts/services.php?serviceCode=23462&branchCode=13549&areaBC=EALO

Advisory service –

http://www.alzheimers.org.uk/site/custom_scripts/services.php?serviceCode=681&branchCode=13549&areaBC=EALO

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>

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

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

S.A.I.L. (Safe and Independent Living) – Support for clients who are 55+, or if you are a carer or have a disability. SAIL provides support, helps clients connect to local services, and helps

clients maintain independence and wellbeing. Referral form for LIAPT staff on Shared Drive.
<https://www.ageuk.org.uk/lambeth/our-services/lambeth-safe-and-independent-living-sail/>

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

Perinatal



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See SLAM trusted Perinatal Resources Guide – (accessible via Lambeth Talking Therapies Clinician) Referral onwards and other services > Community Resources & Services > Perinatal services > “Trusted Perinatal Services”

Cocoon Family Support - Offer peer support and sessions to women and families in the postnatal period. Most services are in North London currently, but there is a small provision operating at Coin Street Neighbourhood Centre near Waterloo station. Thursday morning drop in 10-12am. **Web:** <http://cocoonfamilysupport.org/how-can-we-help/peer-support/coin-street-neighbourhood-centre-peer-support/>

Family Action Perinatal Support Service - offers support in a variety of ways to mothers/parents/families who we are seeing (befriending/emotional support/group support). A great addition to therapy. <https://www.family-action.org.uk/>

Walking Mamas - Peer support walking group available for pregnant or new mums (babies up to a year) who are being treated within Lambeth Talking Therapies. Particularly for those who may be isolated or could benefit from talking to others in a similar position. Mondays 2:30-3:30, Clapham. Contact Sarah **Tel:** 07508 605763. **Email:** walkingmamas2016@yahoo.co.uk

Personality Disorder

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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/>

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/>

Physical Health and Disability

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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/>

Lambeth Early Intervention & Prevention Service (LEIPS) - Exercise on referral, Healthy Weight Team, Health, Trainers, EPP/Self-care, Stop Smoking Service, Alcohol Intervention.
<http://www.guysandstthomas.nhs.uk/our-services/leips/overview.aspx> (**Note for Lambeth IAPT Staff** - if we get referrals back from LEIPS for the expert patient programme, we have to mention we have an agreement with their team that part-complete forms are acceptable for the Expert Patient Programme only).

ME Association - We provide information, support and practical advice for people, families and carers affected by M.E. (Myalgic Encephalopathy), Chronic Fatigue Syndrome (CFS) and Post Viral Fatigue Syndrome (PVFS).

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/>

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=1387547193112086557275110643

Psychosexual Problems



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Online self-help tool - <http://www.sexaddictionhelp.co.uk/>

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/>

Leaflet: https://www.national.slam.nhs.uk/wp-content/uploads/2014/02/Psychosexual_eLeaflet.pdf

Psychosis



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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>


The Lambeth Early Onset (LEO) - LEO Community Team supports people, aged 16-35, who are experiencing psychosis for the first time. <http://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0043>

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>

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 for people with a history of psychosis and whose main difficulties are secondary emotional problems. Referrals from secondary care services only (in Lambeth – need to refer through Living Well Network HUB). Can self-fund treatment also. <http://www.national.slam.nhs.uk/services/adult-services/picup/>

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

Post-Traumatic Stress Disorder (PTSD)

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Rehabilitation work with art therapy, music therapy and talking groups –
www.helenbamber.org

Trauma Community Resources - See separate Lambeth Talking Therapies “Trauma community resources” file. Lambeth Talking Therapies Drive > Referral onwards and other services > Community Resources and Services > PTSD > “Trauma Community Resources”

Information for:

- Refugees
- Victims of Torture
- Domestic Abuse and Sexual Violence
- Military
- Child and Adolescent
- Perinatal
- SLAM adult community services

Self-Harm



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Self-Harm Service at the Maudsley Hospital - The Self-harm Outpatient Service specialises in treating people who repeatedly self-harm, have long term interpersonal difficulties and who often have enduring emotional problems linked to adverse experiences during their early life. Referrals are accepted from: GP's, Consultant, CMHT, Single Point of Access (SPA).

<https://www.national.slam.nhs.uk/services/adult-services/selfharm/>

Self-Help Material and Mobile Apps



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

Books on prescription – Selection of self help books that can be loaned from your local library. <http://www.lambeth.gov.uk/Services/LeisureCulture/Libraries/BooksOnPrescription.htm>

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>

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/>.

Get self help phone apps - <http://www.getselfhelp.co.uk/links2.htm>

Living Life to the Full - http://www.lltff.com/index.php?section=page&page_seq=8

NHS Northumberland and Tyne Self Help Booklets – A range of self help CBT booklets on common mental health problems. <http://www.ntw.nhs.uk/pic/selfhelp/>

Psychology Tools – Self-help worksheets and hand-outs – <http://www.psychologytools.org/>

Self-help booklets from University of Exeter - <http://cedar.exeter.ac.uk/iapt/iaptworkbooksandresources/>

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>

Translated Materials - <http://www.londonhp.nhs.uk/services/mental-health/improving-access-to-ps> and <http://www.rcpsych.ac.uk/expertadvice/translations.aspx>

Sleeping Problems



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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>

Specific Phobias



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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

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

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/>

Volunteering

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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/>

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/>

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.do-it.org.uk/>

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/>

Women



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Baytree Centre - *(Provide education, training, personal and social development for women and girls)* 300 Brixton Rd, London, SW9 6AE. **Tel:** 02077335283 **Web:** <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 **Telephone:** 02078203759

KMEWO – Kurdish and Middle Eastern Women's Organisation in Britain (based in Southwark) – advice and advocacy for Kurdish and Middle Eastern women regarding housing, welfare benefits, health, immigration, education and domestic violence (language provisions). www.kmewo.org

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

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

Young People



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Child and Adolescent Mental Health Services – CAMHS

<http://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0233>

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

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/>

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

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.