



Your Wellbeing & Happiness in Southwark

Working together for the public's health

www.nhs.uk


Lambeth


Southwark
Council

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Compiled in April 2014 by Lambeth & Southwark Public Health Department -
Southwark Council - *working together for the public's health*

The five ways to wellbeing

Connect

Be Active

Take Notice

Keep Learning

Give

Wellbeing is more than the absence of illness. Wellbeing can be described as a combination of feeling good and functioning effectively. Hence, it has an important effect on our health. Wellbeing involves development of one's full potential, having control over one's life, having a sense of purpose and experiencing positive relationships. (Huppert, 2008).

- 1 Connect**
Connect with people around you (family, friends, & neighbours) – these connections enrich your everyday life.
- 2 Be active**
Exercise makes you feel good – you can walk, run, dance, cycle, and do the gardening or any other exercise that you enjoy.
- 3 Take notice**
Be aware of your world around you & what you are feeling – be curious, don't miss what is beautiful around you, savour the moment.
- 4 Keep learning**
Try something new, take up your old hobby or get a new one. Set a new challenge you will enjoy achieving.
- 5 Give**
Helping someone else can make you feel better about yourself. Help your neighbour or friend out by lending a hand. Smile at a stranger in the street. Thank someone.

The '5 ways to wellbeing' is a set of evidence based actions developed by the New Economics Foundation to improve personal wellbeing.

Lambeth & Southwark Public Health & partners support this approach to promoting mental wellbeing & prevention of mental ill-health.

The pages that follow take you through a selection of activities in local community support services that have identified ways in which they can support us to achieve these steps. Whilst not a comprehensive listing of all wellbeing opportunities in the borough this guide hopes to introduce you to a wide & culturally diverse array of options to enhance your journey on the path to wellbeing.

Also provided is information about taking care of yourself when you are feeling less well. This includes how to access services and how to make it easier to seek help and recover in the communities we live in and love.

1

Connect with your family, friends, colleagues & neighbours. Say hello to your neighbour or ask your local shopkeeper how they are. Ring up an old friend or family member you haven't heard from in a while. Building these connections will support & enrich your everyday life.



The greatness of a man is not in how much wealth he acquires, but in his integrity & his ability to affect those around him positively.

Bob Marley

5 ways to wellbeing:
Connect

Wellbeing Activities

Africa Advocacy Foundation

Address: 76 Elmer Road, SE6 2ER
Phone: 0208 698 4473
Email: info@a-af.org
Website: www.a-af.org

Provides emotional & practical support for African communities on HIV/AIDS awareness & prevention, mental health, education as well as referral services all aimed at promoting informed choices & improving the welfare of disadvantaged individuals & communities.

Give: Offers an accredited volunteers training programme so volunteers can give back to the community whilst receiving training & support.

Blackfriars Settlement

Address: 90-94 Great Suffolk Street, SE1 OBE
Phone: 020 7928 9521
Email: info@blackfriars-settlement.org.uk
Website: www.blackfriars-settlement.org.uk

The Blackfriars settlement project is a local inclusive organisation that works individually & with partners to help local people achieve their economic, educational & social potential. Its mental health project facilitates social inclusion of users of mental health services through work-related skills training.

Keep learning: Offers ESOL classes, Reading & Writing (Literacy) Level 1 classes & Pre-Employment training.

CoolTan Arts

Address: Third Floor, 224-236 Walworth Road, SE17 1JE
Phone: 020 7701 2696
(Main switchboard)
0207 183 0368
Direct line Email: info@cooltanarts.org.uk
Website: www.cooltanarts.org.uk Facebook:
<http://www.facebook.com/cooltanarts>
Twitter: @cooltan4

CoolTan Arts is a charity run by and for adults with mental distress that promotes mental & physical wellbeing using art, humour & history to de-stigmatise mental distress. The project includes workshops such as visual arts, batik, digital arts, video, poetry, I.T and self-advocacy.

Be active: Monthly free guided cultural walk around Southwark.

Give: Ongoing opportunities for volunteers.

Four in Ten

SLAM's lesbian, gay, bisexual and trans (LGBT) peer support group
Tel: 07711 376 258
Email: peterv@metrocentreonline.org

Connect: Peer support.

Creative Therapies project at the Copleston Centre

Address: Copleston Road, SE15 4AN
Phone: 020 7732 5880 / 020 7732 3435
Email: mvielman@coplestoncentre.org.uk
Website: www.coplestoncentre.org.uk
FACEBOOK: <http://on.fb.me/wruNRY>

The Creative Therapies project offers several different therapeutic interventions for Southwark residents with mental health concerns. These include counselling, complementary therapies drop-in service, art therapy, reading & dance group, healthy eating cooking club & music workshops.

Be active: Provides Pilates classes.

Give: Volunteering opportunities to give something back to the community, whilst learning new skills & meeting new people.

Eaves Scarlet Centre

Address: Unit 2.03, Canterbury Court, 1-3 Brixton Road, SW9 6DE
Phone: 020 7840 7142
Email: advice_centre@eaveshousing.co.uk
Website: www.eaves4women.co.uk

Provides specialist counselling, advice & drop-in support to women who are affected by domestic violence, sexual abuse, homelessness, prostitution, mental ill-health &/or misuse problems.

Keep learning: Offers ESOL classes, fabric printing & beading/jewellery making workshops.

Be active: Provides Yoga & Meditation sessions

Kagyu Samye Dzong Tibetan Buddhist centre

Address: 15 Spa Road, SE16 3SA
Phone: 020 3327 1650
Email: ksdondon@samye.org
Website: www.london.samye.org

Open to people of any faith and none, the Buddhist centre offers meditation & mindfulness classes. Also provides courses in Buddhism, Tibetan language, Tai Chi & holistic therapies. Holds regular clinics where patients can receive treatment with traditional Tibetan medicine.

Be active: Provides Martial Arts, Tai Chi & Yoga classes.

Keep learning: Courses in mindfulness, Tibetan language.

Mental Fight Club

Address: The Crypt of St George the Martyr Church, Borough High St, SE1 1EJ right opposite Borough tube.
Phone: 07557 365959
Email: mentalfightclub@btinternet.com
Website: www.mentalfightclub.com

A service-user led creative group that is open to all. The Dragon Café is based in the Crypt of St George the Martyr Church.

Connect: The café will provide a uniquely supportive, nutritious & creative space. All are welcome to drop in for a healthy bite to eat.

Keep learning: If desired, take part in a programme of creative activities – workshops, seminars, exhibitions & performances.

2

Keeping active makes you feel good. Find something you enjoy – cycling, swimming, dancing & just do it! Walking is a free & easy way to get moving, & there are many ways to explore Southwark on foot. You could join a weekly guided walk in Southwark Park, Dulwich Park or Sydenham Hill Wood.

For more information on park activities and leisure in Southwark visit:

www.southwark.gov.uk/parks
www.southwark.gov.uk/info/200087/sports_and_leisure/919/leisure_centres_London_Borough_of_Southwark/Centres
www.southwark.gov.uk/info/200073/parks_and_open_spaces
www.getactivelondon.com
www.parkrun.org.uk

Lack of activity destroys the good condition of every human being, while movement & physical exercise save it & preserve it.

Plato



5 ways to wellbeing: Be Active

One in Four

Phone: 020 8697 2112
Email: admin@oneinfour.org.uk
clinicalmanager@oneinfour.org.uk

One in Four is an organisation run for & by people who have experience of sexual abuse. The service provides a unique service to individuals (therapy) & helpline support. By its very existence challenges feelings of shame & self blame.

Connect: Helpline support, supporters group & social events every year.

Keep learning: Campaigning, policy making, and in-house research.

SHAKA Services

Address: 38-40 Kennington Park Road, SE11 4RS
Phone: 020 7735 6744
Email: info@shakaservices.org.uk
Website: www.shakaservices.org.uk

Shaka Services provides counseling, emotional support, information & advice to African & African Caribbean communities on HIV/ AIDS, sexual health, welfare rights & community care. Also provides direct social work & immigration legal services.

Keep learning: Offers courses on sexual health & HIV/AIDS awareness & other workshops.

Lambeth and Southwark Mind

Address: Cambridge House, 1 Addington Road, 131 Camberwell Road, SE5 0HF
Phone: 020 7358 7030
Mob/Text: 07809 701434
Email: generalenquiries@lambethandsouthwarkmind.org.uk
Website: www.lambethandsouthwarkmind.org.uk
Facebook: Kindred Minds.

User-led organisation run by & for people who have experienced mental distress &/or have used psychiatric services. The services we offer are based on a peer support structure which does not require referrals.

For regular newsletters please contact Lambeth and Southwark Mind with your details.

Women's Forum meets monthly on Fridays 12:00-14:00 – a safe & supportive space, a tasty lunch & a massage.

Kindred Minds is a unique mental health project for people from black and minority ethnic (BME) backgrounds in Southwark and nearby areas. Kindred Minds is a user-run and user-led project by service users for service users

Phone: 020 7358 7029
Email: kindredminds@safh.org.uk or Contact our team (Renuka, Derron or Helen) or find us on Facebook 'Kindred Minds'.

Connect: Hearing Voices Group meet every week on Tuesdays at Cambridge House 13:00-15:00.

Keep learning: Cross culture events, theatre/drama group, wellbeing days, discussion groups.

Take notice: Campaigning is integrated into all the projects.

Southwark Day Centre for Asylum Seekers

Email: office@sdcas.org.uk
Website: www.sdcas.org.uk

SDCAS run three day centres:

The Copleston Centre, Peckham Settlement & The Crossway Centre.

The three centres provide support to asylum seekers, their children & families with drop-in sessions offering hot lunches, advice & information, ESOL classes, crèche services, health & leisure activities.

A mental health development worker also supports asylum seekers suffering from mental health problems for the three day centres & staff.

Connect: Opportunities to socialise go on trips & social events.

Give: Offers volunteering opportunities.

The Copleston Centre

Address: Copleston Road, SE15 4AN
Phone: 020 7732 0505

Open Tuesday 12:30-17:00.

Be active: Offers Women's Dance Movement Therapy & Men's Wellbeing Support Group, which uses body work exercises, movement & relaxation techniques.

Keep learning: Offers a gardening project which allows participants to work together to create a peaceful & productive space in their local allotment.

The Peckham Settlement

Address: Goldsmiths Road, SE15 5TF
Phone: 020 7277 9799

Open Wednesday 12:30-17:00.

Keep learning: Offers ICT & Art classes.

The Crossway Centre

Address: 100 New Kent Road, SE1 6TU
Phone: 020 7740 6399

Open Thursday 12:30-17:00.

Keep learning: Offers ICT & Art classes.

Southwark Carers

Address: Cambridge House, 54 Camberwell Rd, London, SE5 0EN
Tel: 020 7708 4497
Website: www.southwarkcarers.org.uk

They provides information, advice and support to Carers across the borough. Looking after someone with a mental health problem – such as depression, schizophrenia or dementia . Southwark Carers counselling service offers a free and confidential service to carers.

Connect: Peer Support

3

Be curious; be mindful of the moment & how you are feeling. Reflecting on your life experiences will help you appreciate what matters to you. Take some time out from your daily schedule to relax & notice the world around you. It takes nothing to get out & explore your local area, but its benefits can be priceless.

Discover the secrets of Southwark right under your nose with a local history tour or visit to a museum.

Try something new from one of the borough's colourful food markets, or find out what events are happening: www.southwark.gov.uk/events

You can also find some useful guides to mindfulness in your library alongside other health and wellbeing books.



An understanding of the world & what's in it is a source of not only great curiosity but great fulfillment.

David Attenborough

5 ways to wellbeing: Take Notice

Southwark Refugee Project

Address: 161 Sumner Road, SE15 6JL

Phone: 020 7703 4046

Fax: 020 7701 7812

Email: swkrefproj@aol.com

Advice & information for refugees & asylum seekers on housing, welfare benefits, immigration, employment, education & training.

Keep learning: Various training available for people who speak English, Amharic, Arabic, French, German, Italian, Spanish & Tigrigna.

Southwark Muslim Women's Association

Address: Bellenden Old School, Bellenden Road, SE15 4DG

Phone: 020 7732 805

Email: smwasmwa@aol.com

Website: www.smwa.org.uk

Support service for Muslim women, their families & elderly Muslim women living in Southwark, including refugees & asylum seekers. Offering information & advice, classes & social activities.

Be active: Zumba classes for women.

Keep learning: Offers Childcare, teaching assistant & fashion courses & ESOL classes.

Give: Volunteering opportunities to give something back to the local area.

The Reader Organisation

Phone: 0151-7245000.

Address: CanadaWater Library, East Street Library, Copleston Centre, Southwark Resource Centre, Blackfriars Settlement

Phone: 0151-7245000.

Website:

www.thereader.org.uk/
where-we-work/london.aspx

Reading groups based in Southwark

connect: bringing people together in weekly groups to listen to poems and stories read aloud.

keep learning: Get Into reading literature as a vital life skill

Southwark Refugee Communities Forum (SRCF)

Address: 1st Floor, St Giles Centre, 81 Camberwell Church Street, SE5 8RB

Phone: 020 7277 4400

Email: eltayeb.hassan@southwarkrcf.org.uk

Website: southwarkrefugeecommunities.org.uk

SRCF is a partnership of diverse BME

organisations such as IRMO, SCDAS, AHWAZE, AHWAZI Community

Centre & many others. It provides employment information, support to newly emerging refugee community organisations. SCRF also supports the local anti stigma campaign & organises mental health awareness initiatives.

Connect: Providing opportunities for people from different communities to share their experiences & develop social events.

Keep learning: Offers mental health first aid & women reconnect workshops & many other topics.

Give: Volunteering opportunities are available.

Southwark Salvation Army Community Church

Address: 1 Princess Street, SE1 6HH

Phone: 020 7928 7136

Email: heidi.damon@salvationarmy.org.uk

Website: www.salvationarmy.org.uk/southwark

Christian church & registered charity offering support, friendship & practical help to people of all ages, backgrounds & needs. The Southwark centre holds community drop-in sessions on Wednesday

13:00-15:00 & Thursday 10:00-15:00.

Also, holds weekly youth programme including sport & leisure sessions, homework club & afterschool youth club.

Be active: Offers sport activities for young people, including trampoline, swimming, rock-climbing, aerobics, street dance & ice skating.

Keep learning: Offers a healthy eating course for adults to learn how to cook simple, tasty & healthy meals.

Southwark Somali Refugee Council (SSRC)

Address: 99-103 Camberwell

Business Centre, SE5 7HN

Phone: 020 7358 3274

Email: info@southwarksomali.org

Website: www.southwarksomali.org

Provides advice & guidance on welfare rights, education & employment issues & all other issues that concern the Somali community. It offers workshops & seminars on a wide range of issues such as immigration, integration & cohesion, health & wellbeing.

Be active: Women's gym sessions, exercise for the elderly & swimming group.

Telefono de la EsperanzaUK

Phone: 020 7733 0471

Email: info@telefonodelaesperanza.org.uk

Website: www.telefonodelaesperanza.org.uk

Address: St Pauls Church Lorrimore Square, London SE17 3QU

Open Mon-Friday 14:00-20:00/Sat 10/2:00

A voluntary organisation that provides anonymous & free emotional support to Spanish & Portuguese speaking communities and families. A team of volunteers psychologists & counsellors offer support on the phone & face to face.

Keep learning: Offers English, Spanish, mindfulness classes; talks & workshops on topics like non-violent communication, how to improve self esteem

Give: Opportunities for volunteering are regularly available – training is offered.

I came to the Telefono de la Esperanza hoping to find someone to help me because I was suffering with depression & tried to take my own life, out of desperation & not finding a way out. Thanks to the Telefono de la Esperanza today my life has changed & I wish they continue helping others as they have helped me. Thank you.

Borough Belles WI

Website: boroughbelleswi.wordpress.com

Email: boroughbelleswi@gmail.com

Connect: meet local ladies for arts, crafts, baking and talks.



4

Learning a new skill can make you feel good about yourself, confident & adventurous. Sign up for a course & try something new or rediscover an old interest. Learn to make jewellery, cook or play an instrument.

For information on various courses in Southwark

- Please, visit: www.southwark.ac.uk
- www.southwark.gov.uk/adultlearning
 - Camberwell College of Arts
www.arts.ac.uk/camberwell
 - London College of Communication
www.arts.ac.uk/lcc



*Learning never exhausts
the mind.*

Leonardo da Vinci

5 ways to wellbeing:

Keep Learning

Three Cs

Address: Crossways Centre,
184-186 Rye Lane, Peckham, SE15 4NF
Phone: 020 76355300
Email: enquiries@threecs.co.uk
Website: www.threecs.co.uk

Open Mon-Fri 9:30-16:00

Three Cs has two accommodation based services in Southwark. St James House is a self-contained supported living scheme that supports adults to manage their mental health, become more independent & move on.

Three Cs also offers support for living to individuals with learning disabilities &/or mental health challenges on personal budgets or through direct payments at their Day Crossways Centre.

The Crossways team offers a holistic service to provide support with housing issues, benefits advice, links with enablement & crisis teams, substance misuse support services & advocacy services.

Connect: Café group.

Be Active: Crossways allotment & garden care.

Give: Volunteering opportunities.

Paxton Green Time Bank

A time bank is an exciting way for people to come together to help others and help themselves at the same time. Participants can spend their time credits on the skills and support of other participants when they need a helping hand. Please visit our website for an in depth exploration of time banking, coproduction and mental health. Contact us at <http://www.pgtimebank.org/>

connect: meeting new people

keep learning: learn new skills

give: share and volunteering

Southwark Foodbank

Address: 121a Peckham High St, SE15 5SE
Email: foodbank.support@pecan.org.uk
Phone: 020 7732 0007

Give: Volunteering to help with food collection

Elephant and Castle Men's Shed

Address: Darwin Court Centre
Phone: 020 7021 4670
Alys Exley, Project Coordinator

connect: meet new people

keep learning: learn news skills

Vietnamese Mental Health Services

Address: Thomas Calton Centre, Alpha Street, London SE15 4NX
Phone: 020 7639 2288
Website: <http://vmhs.org.uk/home2/english.php>

Every Wednesday at Peckham Vietnamese Mental Health Services

VADM Centre for Ethnic Minority Mental Health

Website: <http://www.vadm.co.uk/>

is a voluntary/community sector agency, setup to improve access to, and availability of, an independent primary mental health care service to those minority ethnic people living and/or working in south London who fear and/or mistrust statutory mental health care services.

Questions that can help you to reflect on how to improve your wellbeing:

For instance, **Connect:**

Can you think of connections that you would like to make?

Keep learning:

What do I need to do to make learning fun and something I enjoy doing?

Being active:

What minor changes in my life can help me to be more active?

Take notice:

Can I practice slowing down and being able to notice my surroundings and feelings more often?

Give:

What could I do to help my friends, family, community or workplace?

Important bit.

What five things do you do or could you do every day, or regularly, to look after your mind?

- 1.
- 2.
- 3.
- 4.
- 5.

5

Helping someone else can make you feel better about yourself. Help your neighbour or friend out by lending a hand. Smile at a stranger in the street. Thank someone. Your actions will make other people feel good too. Volunteer at a local community group or charity & you will meet new people, learn new skills & gain valuable experience.

For information on various volunteering opportunities visit the Southwark Volunteer Centre: www.volunteercentres.org.uk
Or: www.do-it.org.uk



Life's most persistent & urgent question is, 'What are you doing for others?'
Martin Luther King

5 ways to wellbeing: Give

Volunteering:

Southwark Volunteer Centre

Address: Unit 215/126, Elephant & Castle Shopping Centre, SE1 6TE

Phone: 0207 703 4205

Email: emma@volunteercentres.org.uk

Provides support into volunteer work.

Eligibility: Southwark resident.

Blackfriars Settlement

Address: 90-94 Great Suffolk Street, SE1 OBE

Phone: 0207 928 9521

Provides legal advice for employment problems

Aspirations

Address: Pecan, 121 Peckham High Street, SE15 5SE

Phone: 0207 732 0007

Email: peter.aleksin@pecan.org.uk

Provides support into volunteer work & employment.

Eligibility: Southwark resident, unemployed, receiving support for mental health issues, not on Job seekers allowance.

Tomorrow's People

Address: 9 Brighton Terrace, SW9 8DJ

Phone: 0207 924 0137

Offers support into training & employment.

Eligibility: Southwark resident, in receipt of employment benefit (not job seekers allowance), unemployed, receiving support for mental health issues.

Southwark Works

Phone: 020 7525 4140

it can give you advice, support and information about finding work.

Mental health problems & stigma

What is mental health?

Mental health is about how we think, feel & behave. One in four people in the UK have a mental health problem at some point in their lives, regardless of age, race, gender or social background. Without care mental health problems can seriously affect an individual & those around them.

Stigma

There's a stigma attached to mental health problems which means that people feel uncomfortable talking about them. That may be because they expect other people will think they're 'mad' or tease them about being 'in therapy'. They may fear it makes them seem weak & unable to sort their problems out for themselves. But asking for help is NOT a sign of weakness. It's part of taking charge of your wellbeing & doing what's right for you.

Sometimes I felt like everything was getting in top of me & I felt ashamed that I couldn't cope. A friend helped me to get a grip on myself by making it clear that I wasn't alone & there was nothing to be ashamed of. She made me realise that I needed support.

For more information about wellbeing, mental health and self help including online therapies, please visit NHS Choices: www.nhs.uk



Time to change

Talking about mental health

Locally we are committed to this campaign. Our activities range from provision of Mental Health First Aid training to staff and encouraging conversations about mental health and wellbeing. The campaign has free resources and information via the website.

Website: www.time-to-change.org.uk

**it's time to talk. it's
time to change**

let's end mental health discrimination

Self help activities

Books on Prescription

If you feel that reading about your needs or problems may be helpful please ask your GP or health professional about Books on Prescription.

For more information about the Southwark Books on Prescription scheme, including the full list of books, visit: www.southwark.gov.uk/booksonprescription

How to Improve Your Wellbeing FREE workshops for people who live in Southwark

Run by health professionals from local NHS trusts – One day workshops to help you improve your wellbeing, held on selected Saturdays, at the John Harvard Library, Borough High Street, and SE1.

If you are interested, you can book yourself a place by calling Seon:

Phone: 0203 228 3748

Email: wellbeing.workshops@kcl.ac.uk

For more information visit:

Website: www.slam.nhs.uk/about-us/what-we-do/southwark-wellbeing-workshops.aspx

Action for Happiness

Action for Happiness is a movement for positive social change. The first five keys (GREAT) are about how we interact with the outside world in our daily activities. They are based on the Five Ways to Wellbeing. The second five keys (DREAM) come from inside us and depend on our attitude to life.

Check out the 10 things to happier living at <http://www.actionforhappiness.org/10-keys-to-happier-living>

MindApples

Mindapples helps everyone take better care of their minds The '5-a-day for your mind' concept is a simple one but it goes a long way.

Visit: <http://www.mindapples.org/>

Mindfulness

Mindfulness is an increasingly popular tool for calming the mind. It also helps to have a more positive outlook in life and deal better with everyday stress. Mindfulness-Based Cognitive Therapy (MBCT) is designed to help people break free of the negative thoughts and anxiety.

If you are interested in health and happiness, this website offers you tips, activities and places to visit. It is helpful for youth and adults.

Visit: <http://bemindful.co.uk/>

www.headspace.com

www.wheelofwellbeing.org



What to do in case of mental health crisis:

Contact your GP

For out of hours call SELDOC:
020 8693 9066

Call NHS 111 service

if you need medical help but not a 999 emergency or if you need health information:

Call the SLAM telephone information line

Open 24/7, a staff member will tell you where & how to get help:
0800 731 2864

If you are already using SLAM mental health services, call the SLAM telephone information line (0800 731 2864) to get the number of your CMHT or home treatment team (CREST).

Southwark Social Services:

020 7525 5000

If you are concerned

about an immediate risk of harm, either to yourself or someone else, then call 111 or ask for the police or ambulance service.

Remember

If in doubt, contact the SLAM telephone information line (0800 731 2864) or go to A&E.

King's College Hospital

Denmark Hill, London SE5 9RS

St. Thomas' Hospital

Westminster Bridge Road, London SE1 7EH

SANE is a UK mental health charity. Helps to improve quality of life for anyone affected by mental illness.

Help line: 0845 767 8000;

<http://www.sane.org.uk/>

Samaritans:

The Samaritans of Lewisham, Greenwich and Southwark:

1-5 Angus Street, London, SE14 6LU

T: 020 86925228 (Branch)

Healthwatch Southwark.

tel: 0020 7358 7005 |

email: info@healthwatchsouthwark.co.uk

1 Addington Square, Camberwell, London, SE5 0HF

Other helpful resources:

Alzheimer's Society

The UK's leading care & research charity for people with dementia, their families & carers.

Website: www.alzheimers.org.uk

Anxiety UK

Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy. Also campaigns to raise awareness of anxiety disorders.

Website: www.anxietyuk.org.uk

The British Association of Anger

Management/BAAM Organisation can assist people for all aspects of anger and conflict management - anyone dealing with their own or another's anger.

Website: www.angermanage.co.uk

Dementia UK

A national charity committed to improving the quality of life for all people affected by dementia.

Website: www.dementiauk.org

Depression Alliance

Depression Alliance can assist people affected by depression.

Website: www.depressionalliance.org

MDF The BiPolar Organisation

Aims to enable people affected by manic depression (bi-polar) to take control of their lives through self help groups, information & publications.

Website: www.bipolaruk.org.uk

Mental Health Foundation

They focus on everyone's mental health – young people, adults as well as older people – whatever their condition or circumstance. Key to their work is a passionate commitment to service user & carer involvement.

Website: www.mentalhealth.org.uk

Rethink

A national mental health charity that offers information, services & a strong voice for everyone affected by mental illness

Website: www.rethink.org

Big White Wall is an online early intervention service for people in psychological distress for those over the age of 16. Access 24/7. Programmes include anxiety, depression, sleep, smoking and alcohol use.

Please visit: www.bigwhitewall.com

For more information, contact theteam@bigwhitewall.com

Telephone: + 44 (0)20 70601677

Contact psychological therapies or ask your GP or other health professional to make a referral for you.

Phone: 020 3228 2194

Email: sptsadmin@slam.nhs.uk

Working together for the public's health



www.nhs.uk