

# Southwark Community Resources

*Compiled in December 2019 by NHS Southwark  
CCG – Mental Health Team*



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# Diagnosis and/or Mental Health problem

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# Advice and Advocacy

## Blackfriars Settlement

Offer a wide range of services and activities, supporting people to achieve their goals and improve their well-being. They provide free legal advice on every Wednesday evening by appointment.

Call: 0207 928 9521

Website: <https://www.blackfriars-settlement.org.uk/>

## Cambridge House

Offer free expert legal advice and professional advocacy services to the most vulnerable people in the society, increase access to justice for those without the means to pay and promote social inclusion.

Call: 0207 358 7000

Website: <http://ch1889.org/>

## Centre 70

They support adults who are facing social, mental, financial or other personal difficulties through a holistic programme of free and affordable services including Advice, Counselling, Training and Advocacy.

Call: 0208 670 0070

Website: <http://centre70.org.uk/>

## Citizens Advice Southwark

Help people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers.

Call: 0344 499 4134

Website: <https://www.citizensadvice.org.uk/southwark/>

## DASL's Specialist Advice Service

Provides advice casework on welfare benefits and other issues such as debt, housing, community care, accessible transport services

Call: 0207 738 5656

Website: <http://www.disablelambeth.org.uk/>

## Helping Hands for Refugees and Disabled

Community group run by skilled volunteers dedicated to helping socially-disadvantaged people and groups, as well as improving the quality of life and sustaining healthy communities.

Call: 0777 10 593 09

Website: <https://hhfrd.webs.com/>

## 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.

Call: 0300123 2228

Website: <http://www.refugeecouncil.org.uk>

## Pohwer

Provide information, advice, support and advocacy to people who experience disability, vulnerability and distress.

Call: 0300 456 2370

Website: <https://www.pohwer.net/southwark>

## Southwark Law Centre

Provide specialist legal advice, casework and representation in Employment, Housing, Asylum/ Immigration and Welfare Rights Law, mainly for people who live or work in the London Borough of Southwark.

Call: 0207 732 2008

Website: <http://www.southwarklawcentre.org.uk/>

## Southwark Refugee Project

Provides advice and information for refugees and asylum seekers on housing, welfare benefits, immigration, employment, education and training.

Call: 0207 703 3857

Website: <http://www.southwarkrefugeeproject.org/>

## Southwark Wellbeing Hub

Providing information and support to anyone living in Southwark who is worried about their wellbeing, or that of someone close to them. Finding the right support can seem complicated and overwhelming, Wellbeing hub make this process simpler.

Call: 0203 751 9684.

Website: <https://www.together-uk.org/southwark-wellbeing-hub/about-the-hub/>

## Waterloo Action Centre

Range of community activities, advice, support for various age groups as well as sixty plus.

Call: 07944 775 556

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

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# Abuse and Neglect

## 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.

Call: 0845 2 60 55 60

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

## Men's Advice Line

Men's Advice Line is a confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members). They help by offering emotional support; providing practical advice; and signposting you to other services for specialist help

Call: 0808 8010327

Website: <http://www.mensadvice.org.uk/>

## ManKind

Aims to ensure all male victims of domestic abuse (and their children) are supported to enable them to escape from the situation they are in.

Call: 01823 334244

Website: <https://www.mankind.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.

Call: 0781 891 0724

Website: <http://www.reachma.org/>

## Respect Phonenumber

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.

Call: 0808 802 4040

Website: <http://respectphonenumber.org.uk/>

## Solace Women's Aid

Provides safe and supportive temporary accommodation to female victims of Domestic abuse. The refuge staff provide advice and advocacy on housing issues, welfare benefits and legal remedies that will empower women to move on to independent and safe living. An outreach service for women and children who are living independently within the community is also available through Southwark Women's Aid.

Call: 020 7593 1290

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

## Survivors UK

Help sexually abused men as well as their friends and family, no matter when the abuse happened, and challenge the silence and attitudes.

Call: 0203 5983898

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

## The GAIA Centre

The Gaia Centre is a multi agency staffed advice centre for women who are experiencing domestic abuse in Lambeth

Call: 0808 2000 247

Website: <http://refuge.org.uk/what-we-do/our-services/gaia-centre-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.

Call: 020 3299 6900

Website: <http://www.thehavens.org.uk/>

## Victim Support

Offers support for victims of crime and their families

Call: 0808 168 9291

Website: <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/london/south-london>

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# Alcohol and Drugs

## **Al-Anon Family Groups**

Provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not

**Call:** 0800 0086 811

**Website:** <https://www.al-anonuk.org.uk/>

## **Alcoholics Anonymous**

Alcoholics Anonymous provides confidential 365 days a year to help people who have a drinking problem and want to stop drinking and remain abstinent.

**Call:** 0207 407 0700

**Website:** <http://www.alcoholics-anonymous.org.uk>

## **Change Grow Live Southwark (CGL)**

Free and confidential drug and alcohol service for over 18s & those close to them. 146 Camberwell Road SE5 0EE.

**Call:** 020 8629 2348

**Website:** [www.changegrowlive.org](http://www.changegrowlive.org)

## **Talk to Frank**

Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol.

**Call:** 0300 123 6600

**Website:** <https://www.talktofrank.com/>

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# Befriending and Peer Support

## Link Age Southwark

Is a vibrant local charity providing friendly volunteer support to over 600 isolated, older people in Southwark. They aim to reduce loneliness and isolation and helping older people maintain active lives within the community.

**Call:** 020 8299 2623

**Website:** <http://linkagesouthwark.org/>

## 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.

**Call:** 07739 920927

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

## Southwark Wellbeing Hub Peer Support

Peer Supporters use their own experiences of mental distress to support others towards better wellbeing on a one-to-one basis. All Peer Supporters at the Southwark Wellbeing Hub are volunteers and receive comprehensive training prior to providing support.

**Call:** 0203 751 9684

**Website:** <https://www.together-uk.org/southwark-wellbeing-hub/about-the-hub/>

## Volunteers Supporting Families (VsF) Project

Matches trained volunteers with families who are in need of additional support.

**Call:** 020 3780 5870

**Website:** <https://volunteeringmatters.org.uk/project/vsf/>

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# Bereavement

## Compassionate Friends

Is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.

Call: 0345 120 3785

Website: <http://www.tcf.org.uk/>

## Cruse Bereavement Service

Offers face-to-face, telephone, email and website support. They have Freephone national helpline and local services. The services are provided by network of 5,000 trained volunteers and are confidential and free.

Call: 0808 808 1677

Website: <http://www.cruse.org.uk/>

## Talking Therapies Southwark (IAPT)

The service is for people presented with depression and / or anxiety, aged 16 and over and is registered with a Southwark GP. It also works with people who is coping with or adjusting to bereavement, or long-term physical health conditions

Call: 0203 228 2194

Website: <https://slam-iapt.nhs.uk/southwark>

## Miscarriage Association

The Miscarriage Association is here to provide support and information to anyone affected by miscarriage, ectopic pregnancy or molar pregnancy

Call: 01924 200799

Website: <http://www.miscarriageassociation.org.uk/>

## Support After a Suicide

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.

Website: <https://supportaftersuicide.org.uk/>

## The Loss Foundation

Provide support to people who have lost loved ones to cancer; spouses, family members, friends. Operates support groups within London.

Call: 0300 2004112

Website: <http://thelossfoundation.org/>

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# BME

## **Africa Advocacy Foundation**

Empower individuals to take control of their health and wellbeing through accurate information, advice and guidance. We provide safe, judgment-free and inclusive platforms for community members to discuss and engage in activities that promote healthy lifestyle choices.  
**Call:** 0208 698 4473  
**Website:**<https://www.africadvocacy.org/>

## **Asian Women Lone Parents Association**

Works to support Asian women who are lone parents, and their children, by providing services which enable them to improve their lives and wellbeing.  
**Call:** 0207 700 0675  
**Website:**<https://www.maashanti.org/>

## **Black Heroes Foundation**

Is a community based charity for the development and promotion of talent, together with cultural and artistic initiatives in the community focusing on youth, education, training, social uplifting and personal development programmes..  
**Call:** 07986 745486  
**Website:**<https://www.blackheroesfoundation.org/>

## **South London Solidarity Association**

They help members of the community who are of Cypriot, Kurdish or Turkish descent with asylum, immigration, money, debts, welfare benefits, housing, health, culture & education and training & employment.  
**Call:** 07947 564277  
**Website:**<http://southlondonsolidarityassociation.org/>

## **African Society for Relief and Development**

Plays a significant role in influencing and shaping UK's East African community, focusing more on the Somali Community living in south London. They work to empower individuals and families experiencing multiple disadvantages.  
**Call:** 07375061959

## **Indoamerican Refugee and Migrant Organisation**

Provides Latin Americans (and other Spanish and Portuguese speaking communities more widely) with tools and information in an empowering process to build fulfilled, independent and integrated lives in the UK.  
**Call:** 02077339977  
**Website:**<http://irmo.org.uk/>

## **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  
**Website:**<http://naz.org.uk/>

## **Polish Counselling**

Polish registered charity based in London 'Polish Psychologists' Association'- their mission is to provide free psychological support to the Polish speaking community in the UK and it manages all initiatives on the basis of unpaid, voluntary work of its members.  
**Website:**<http://www.polishpsychologists.org/>

## **Streatham Drop-in Centre**

ESOL classes and English language support, health project, information and general advice, small crèche, trips.  
**Call:** 0208 664 7432  
**Website:**<http://streathamdropin.org.uk/>

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# Carers

## Carers Trust

Work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

**Call:** 0300 772 9600

**Website:** <https://carers.org/>

## Carers UK

No matter how complicated your query or your experience, you don't have to care alone. Caring can be extremely complicated. The maze of rights and entitlements can be complicated.

**Call:** 0207 378 4999

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

## NHS Carers Direct

Carers Direct is a national information, advice and support service for carers in England. It provides an online guide to social care and a confidential helpline providing information and advice for carers. Language Line is available for people who need interpreter.

**Call:** 0300 123 1053

## Southwark Carers

Enabling, empowering and enriching the lives of carers

**Call:** 0207 708 4497

**Website:** <https://www.southwarckcarers.org.uk/>

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# Connecting People and Social Activities

## 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, they have something to suit you.

**Website:**<https://blackfriars-settlement.org.uk/>

## Blue Elephant Theatre

Provide Free to Act innovative project which provides a space where young people can come and refine their skills and showcase them through theatre performances.

**Call:** 0207 701 0100

**Website:**<http://www.blueelephanttheatre.co.uk/free-to-act>

## Connect & Do

People use Connect & Do for all sorts of things, whether it's finding a new hobby or meeting people who share your interests.

**Website:**<http://www.connectanddo.org/>

## Copleston Centre

The centre provides a range of activities for everyone in the community. Young and old, long-time residents and asylum seekers in the area, people of all faiths and none: all are welcome

**Call:** 0207 732 3435

**Website:**<https://www.coplestoncentre.org.uk/>

## Meet Up

Meetup is a platform for finding and building local communities. People use Meetup to meet new people, learn new things, find support, get out of their comfort zones, and pursue their passions, together.

**Website:**<https://www.meetup.com/>

## Mind & Soul Community Choir

They promote mental wellbeing through singing and to reduce the stigma around mental illness. If you'd like to join a choir that is fun, has no attitude and will get you grooving, look no further.

**Call:** 07599 501189

**Website:**<https://mindandsoulchoir.org/>

## 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 and opportunities to join peer support groups.

**Website:**<http://mosaic-clubhouse.org/>

## Pembroke House

Deliver and support 23 projects which provide opportunities for people to connect with each other and with local services; to grow and learn; and to give back and contribute.

**Call:** 0207 703 3803

**Website:**<https://pembrokehouse.org.uk/>

## Reading Groups

The Reader believes that literature is a tool for helping us to survive and live well.

Reader groups in Southwark:

- Book Break South Lambeth Library Reading Group - Every Friday: 2pm-4pm
- Southwark Playhouse Reading Group -Every Thursday: 10am-12pm

**Call:** 0151 729 2200

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

## Southwark Events

Search for culture, health and wellbeing events, special offers and free events in the borough.

**Website:**<https://www.southwark.gov.uk/events-culture-and-heritage>

## Southwark CAN

Is a website dedicated to providing information on local activism in The London Borough of Southwark

**Call:** 0207 358 7020

**Website:**<https://southwarkcan.org/>

## The Dragon Café

The Dragon Café is the flagship project of Mental Fight Club. It aims to be an open, welcoming group which puts on exciting, well-organised and inspirational creative events and programmes as well as simply being a place to be.

**Call:** 07784 872 510

**Website:**<https://dragoncafe.co.uk/>

## Time and Talents

Support people of all ages with a wide range of activities in the centre bringing people together for mutual support, fun and friendship.

**Call:** 0207 231 7845

**Website:**<http://www.timeandtalents.org.uk/>

## Waterloo Action Centre

Range of community activities, support for various age groups as well as sixty plus.

**Website:**<http://www.waterlooaactioncentre.co.uk/>

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# Counselling

## The British Association of Anger Management

UK's leading centre of excellence and expertise for anger, stress and conflict management. They offer one-to-one work for individuals, couples and families. Their one-to-one work can also be accessed via Skype and Face Time.

**Call:** 0345 1300 286

**Website:** <https://www.angermanagement.co.uk/>

## Centre 70

Offers six sessions of free counselling, with option of longer-term sessions at a low cost.

**Call:** 0208 670 2775

**Website:** <https://centre70.org.uk/>

## Help Counselling Centre

Offers low-cost, one-to-one counselling after a relatively short waiting period. The minimum fee of £10 if you are unwaged or depends on your income.

**Call:** 0207 221 9974

**Website:** <http://www.helpcounselling.com/>

## Talking Therapies Southwark (IAPT)

The service is for people presented with depression and / or anxiety, aged 16 and over and is registered with a Southwark GP. It also works with people who is coping with or adjusting to bereavement, or long-term physical health conditions

**Call:** 0203 228 2194

**Website:** <https://slam-iapt.nhs.uk/southwark>

## Telefono de la Esperanza

Offers free counselling, telephone crisis support and workshops to Spanish and Portuguese speaking to and families.

**Call:** 0207 7330471

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

## Waterloo Community Counselling

Offers to support psychological health and wellbeing for people in need. The objectives is to provide a free, time-limited, mother-tongue counselling service. They work with BAME and migrant referrals, and people who may not be entitled to access statutory services beyond primary care.

**Call:** 0207 928 3462

**Website:** <http://www.waterloocc.co.uk/>

## ZamZam Counselling

Private counselling for Muslim women. Zamzam Counselling has been set up to make professionally delivered, faith sensitive counselling accessible for all women, irrespective of their location or financial situation.

**Call:** 07799 485059

**Website:** <http://www.zamzamcounselling.co.uk/>

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# Couples and Relationships

## Marriage Care

Specialise in helping couples build and sustain strong, fulfilling, healthy relationships, and in providing support in times of relationship difficulty. Better relationships make for better lives, more stable families and a stronger society.

**Call:** 0800 389 3801

**Website:** <https://www.marriagecare.org.uk/>

## Relate

The UK's largest provider of relationship support of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.

**Call:** 0300 003 3225

**Website:** <https://www.relate.org.uk/>

## Talking Therapies Southwark (IAPT)

The service is for people presented with depression and / or anxiety, aged 16 and over and is registered with a Southwark GP. It also works with people who is coping with or adjusting to bereavement, or long-term physical health conditions

**Call:** 0203 228 2194

**Website:** <https://slam-iapt.nhs.uk/southwark>

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# Crisis Service

## CALM

They run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems.

**Call:** 0808 802 58 58

**Website:** <https://www.thecalmzone.net/>

## Cambridge House

Provide specialist, personalised and integrated services to help people in crisis and support them to build the resilience they need to make recurrence of crisis less likely and improve the quality of their lives.

**Call:** 0207 358 7000

**Website:** <http://ch1889.org/about-us/>

## Childline

A free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.

**Call:** 0800 1111

**Website:** <https://www.childline.org.uk/about/about-childline/>

## PAPYRUS – Prevention of Young Suicide

Papyrus works to prevent suicide in people aged 15-35 years and to give young people hope. They provide confidential support and advice to young people and anyone worried about a young person.

**Call:** 01925 572 444

**Website:** <https://papyrus-uk.org/>

## Samaritans

A 24-hour phone line offering emotional Support

**Call:** 08457 90 90 90

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

## Shout Crisis Text Line

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

**Text:** 85258

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

## Solidarity In A Crisis

Is an out-of-hours phone and in-person support service. The crisis hotline is open from Monday to Friday 6pm to 12am Saturday and Sunday 12pm to 12am.

**Call:** 0300 123 1922

**Text:** 0788 9756 087/ 083

**Website:** <https://www.certitude.london/what-we-do/solidarity-in-a-crisis/>

## The Listening Place

Offers a warm and welcoming environment; somewhere that individuals can talk openly about their feelings without being judged or being given advice.

**Call:** 0203 906 7676

**Website:** <https://listeningplace.org.uk/>

## The Maytree Sanctuary for the Suicidal

Maytree's house is open for people when they're feeling suicidal. 72, Moray Road, Finsbury Park, London, N4 3LG.

**Call:** 0207 263 7070

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

## SLaM Crisis Services

To speak 24-hour mental health crisis line:

**Call:** 0800 731 2864

**Website:** <https://www.slam.nhs.uk/patients-and-carers/crisis-support>

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# Debt and Benefits

## GamCare

Is the leading national provider of information, advice, support and free treatment for anyone affected by problem gambling. Their expert services are confidential and non-judgemental.

**Call:** 0808 8020 133

**Website:** <https://www.gamcare.org.uk/>

## Food Cycle

Support people who are hungry and lonely by serving tasty lunches and dinners every single day in towns and cities across the country. Many of our guests struggle to afford the basics to eat and many will eat alone without company or conversation.

**Call:** 0207 729 2775

**Website:** <https://www.foodcycle.org.uk/>

## My rT Wellbeing

Designed to be personalised to support you and meet your needs throughout your life. They help with applying for a financial grant if you are at risk of becoming homeless or are unable to provide the basic essentials for your family.

**Call:** 0808 801 0808

**Website:** <https://www.myrtwellbeing.org.uk/>

## Southwark Foodbank

Provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis.

**Call:** 0207 732 0007

**Website:** <https://southwark.foodbank.org.uk/>

## The Money Advice Service

Free and impartial money advice, set up by government. They provide advice and guides to help improve your finances, tools and calculators to help keep track and plan ahead and support over the phone and online.

**Call:** 0800 138 1677

**Website:** <https://www.moneyadviceservice.org.uk/en>

## National Debtline

National Debtline is a national helpline for people with any kind of debt problems, offering telephone and web chat services. The service is free, confidential and independent

**Call:** 0808 808 4000

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

## National Useful Numbers

Benefits Helpline: 0845 377 6001

Crisis Loans: 0800 032 7952

DLA: 0845 712 3456

National Insurance Number: 0845 915 7006

Tax Credits: 0845 300 3900

Pension Credits: 0845 606 0265

Disability Benefits Inquiry Line: 0800 88 22 00

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# Education

## Action Tutoring

Supports young people facing socio-economic disadvantage to achieve a meaningful level of academic attainment, with a view to enabling them to go on to further education, employment or training.

Call: 0207 803 4988

Website: <https://actiontutoring.org.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.

Call: 020 7798 6067

Website: [www.campaign-for-learning.org.uk](http://www.campaign-for-learning.org.uk)

## Cause You Can

Performing arts and Film-making to give children and young people a voice and provide a platform to showcase their talents and abilities in the community.

Call: 0207 7374256

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

## Drive Forward

Helping young adults leaving foster or residential care to achieve their full potential with exciting and sustainable employment opportunities.

Call: 0207 620 3000

Website: <https://driveforwardfoundation.org/>

## Educational Grants Advisory Service

The small grants programmes focuses on the two areas of Welfare and Education. We believe these to be two of the key areas in which we can really make a difference to support families, both those facing an immediate domestic need and those seeking to improve their educational and employment prospects.

Call: 0207 254 6251

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

## Eye4change

Uses the medium of photography to engage, educate and empower disadvantaged and marginalised people of all ages and abilities. Through the provision of unique programmes that combine technical skills with creativity, their work serves to stimulate positive social change for individuals and communities, tailored to a wide range of participants' needs and aspirations.

Call: 07825 986234

Website: <https://www.eye4change.org/>

## Learndirect Information and Advice

Local and distance learning opportunities, including how to access your local learn direct centre. Learndirect also has a team of bi-lingual Advisers.

Call: 01202 006 464

Website: <https://www.learndirect.com/>

## Morley College

Morley College provides education and training to adults, for the joy of learning and the positive impact successful learning has in bringing out personal potential, restoring self-belief and creating new opportunity.

Call: 0207 4501815

Website: <https://www.morleycollege.ac.uk/>

## Roots and Shoots

Provides vocational training for young people from the inner city, mainly from the London boroughs of Lambeth and Southwark. They aim to give young people the skills and self-confidence that will equip them for work.

Call: 020 7587 1131

Website: <http://www.rootsandshoots.org.uk/>

## Southbank Adult Learning

Southwark Council adult learning service provides choice for local adult learning, family learning and skills. They have wide range of courses on basic skills, work related, creative, leisure, health and family learning.

Website: <https://www.southwark.gov.uk/schools-and-education/adult-learning>

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# Employment

## Apprenticeships with Southwark Council

Join hundreds of successful apprentices at Southwark Council and develop a great career.

**Call:** 0207 740 8200

**Website:** <https://www.southwark.gov.uk/jobs-and-careers/apprenticeships/become-an-apprentice>

## Central Works

Central London Works is designed to help central London residents who have been unemployed for a long time, as well as people with health conditions, into work.

**Call:** 0203 735 8955

**Website:** <https://www.centrallondonworks.co.uk/>

## Job Centres and Disability Employment Advisers (DEA)

Phone Southwark Jobcentre Plus for free by calling their freephone contact number if you need to discuss available job vacancies and to make a new benefit claim.

**Call:** 0800 055 6688

**Website:** <https://jobcentreplusoffices.co.uk/jobcentre-plus-offices/england-jobcentre-plus/southwark-job-centre-plus-office?tmpl=component>

## Remploy

Is a leading provider of specialist employment and skills support for disabled people and those with health conditions. They transform the lives of disabled people and those experiencing complex barriers to work.

**Call:** 0300 456 8110

**Website:** <https://www.remplo.co.uk/>

## Southwark Works

Southwark Works is an employment support service for Southwark residents. They provide advice on employment and training, help with CV writing, application forms and interview techniques, access to training courses in a range of industries and advice on money management.

**Call:** 07791846285/ 08000520540

**Website:** <https://www.southwarkworks.com/>

## Spear Programme

The Spear Programme is a free, integrative course to help young people between the ages of 16-24 years to enter work and progress in their career.

**Call:** 07535 626769/ 0207 352 4266

**Website:** [www.spearsignups.co.uk](http://www.spearsignups.co.uk)

## Status Employment

Status Employment assists people with disabilities and mental health problems in finding and retaining paid employment. They offer job seeking workshops, 1:1 advice for retention problems, Drama workshops and Trapeze for those in treatment.

**Call:** 0203 228 6826

**Website:** <http://statusemployment.org.uk/>

## Step Up London

Is a free support service helping low paid Londoners progress into better paid work. Low pay is a major contributor to poverty in London, and Step Up is committed to tackling this at the local level through employability skills, lifelong learning and personal development.

**Call:** 0203 691 5117

**Website:** <https://www.stepuplondon.co.uk/>

## Street League

Offers 16-25 year olds with work experience, apprenticeships or training. Whether you're looking for full-time, part-time or temporary work, or gaining a place at college or a new qualification, Street League can help you achieve your goals.

**Call:** 07814625973

**Website:** <https://www.streetleague.co.uk/london>

## Thames Reach

The Employment Academy helps people in the local community to find work and access training.

**Call:** 0207 702 4260

**Website:** <https://thamesreach.org.uk/what-we-do/employment-academy/>

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# Housing and Homelessness

## Ace of Clubs

Day centre for homeless and unemployed people in the community aged 16+ and others in need. Cheap meals, access to health care, laundry, shower facilities. Advice on benefits and housing by appointment Monday-Thursday.  
**Call:** 0207 720 2811/ 020 7720 0178  
**Website:**<http://aceofclubs.org.uk/>

## Centrepoint

Provides housing and support for young people in London and aim to give homeless young people a future. They give homeless young people a place to stay while they get the help they need to move on to independence.  
**Call:** 0800 587 5158  
**Website:**<https://centrepoint.org.uk/>

## Depaul UK

Helps people who are homeless, vulnerable and disadvantaged. They focus on young people in crisis and beyond. Depaul UK works with some of the most disadvantaged young people in the UK.  
**Call:** 0207 939 1220  
**Website:**<https://uk.depaulcharity.org/>

## Homeless Outreach Team (START)

Multi-disciplinary assessment team for street homeless people in Lambeth, Southwark and Croydon. Their role is to engage and assess homeless people with severe mental health problems and to refer them on to local mainstream services.  
**Call:** 0203 228 1800/ 020 3228 5911  
**Website:**<https://slam.nhs.uk/our-services/service-finder-details?CODE=SU0552>

## Housing for Women

They support women across London through affordable housing, help women and children escaping domestic abuse, survivors of trafficking, women leaving prison and older women.  
**Call:** 0207 501 6120/ 020 8317 8273  
**Website:**<https://hfw.org.uk/>

## Manna Centre

Centre for single homeless people and those in need. Housing and welfare advice 9.30am-1.30pm. Free food, clothing and showers. Surgery and visiting nurse Tuesday and Friday 10am-12.30pm.  
**Call:** 0207 357 9363  
**Website:**[www.mannasociety.org.uk](http://www.mannasociety.org.uk)

## No Second Night Out

Focuses on helping those who find themselves rough sleeping on the streets of London for the first time. They will ensure there is a rapid response to new rough sleepers and will provide an offer that means they do not have to sleep out for a second night.  
**Call:** 0208 318 4411  
**Website:**<http://www.nosecondnightout.org.uk/>

## Robes Project

Support individuals experiencing homelessness in Southwark and Lambeth by providing a warm, safe space during our winter night shelter and year round support through our advice project.  
**Call:** 0207 4075623  
**Website:**<http://robes.org.uk/>

## Southwark Council Duty to Refer

The duty to refer requires public authorities in England to notify Southwark Council, of service users they think may be homeless or at risk of becoming homeless. Complete the [Homelessness Reduction Act referral form](#) to notify of such cases, so they can provide the appropriate support to the household.  
**Call:** 0207 525 4140  
**Website:**<https://www.southwark.gov.uk/finding-a-new-home/advice-about-homelessness?article&chapter=5>

## Single Homeless Project

A London-wide charity working to prevent homelessness and help vulnerable and socially excluded people to transform their lives. They provide supported accommodation and community-based support for people who are homeless or at risk of homelessness in London.  
**Call:** 0207 520 8660  
**Website:**<https://www.shp.org.uk/>

## The Spires Centre

Day centre for homeless and disadvantaged people. Advice on benefits. Help with finding accommodation. Mental health and drug, alcohol, tenancy support. Nurse Tues 10am-1pm. Women only session, with focus on sex workers. Clothing, showers. Free lunch Tuesday. Rough sleepers' free breakfast Tuesday, Wednesday, Thursday, Friday. Adult learning, including literacy, IT, volunteer training, art, music.  
**Call:** 0208 696 0943  
**Website:**[www.spires.org.uk](http://www.spires.org.uk)

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# LGBT

## Being Gay is OK

Is an information and advice website for gay, lesbian, bisexual and questioning people. It's aimed at under 25s, but older people can also use the resources. There's also a problem page where readers can submit their individual concerns, and resources for parents whose children have come out.

**Call:** 01483 727667

**Website:** <http://www.bgiok.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.

**Call:** 0800 999 5428

**Website:** <http://www.brokenrainbow.org.uk/>

## Galop

If you've experienced hate crime, sexual violence or domestic abuse, galop is here for you. They also support lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system.

**Call:** 0207 704 2040

**Website:** <http://www.galop.org.uk/>

## Opening Doors London

Helping LGBT+ over 50 to live happy, sociable and independent lives.

**Call:** 0207 239 0400

**Website:** <https://www.openingdoorslondon.org.uk/>

## 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.

**Call:** 020 7359 5767

**Website:** <https://stonewallhousing.org/>

## The Outline

LGBT helpline is a Lesbian, Gay, Bisexual, Trans, questioning (LGBTQ) helpline giving support, advice and information in confidence. The helpline is open from 7:30pm to 10:00pm every Tuesday and Sunday, or you can leave a message outside of these times and someone will call you back.

**Call:** 01483 727667

**Website:** <https://outlinesurrey.org.uk/>

## Southwark LGBT Network

Aims to build and strengthen LGBTQ+ communities in the borough to improve the quality of life of those who live, work, study or socialise here and reduce vulnerability to hate crime, harassment and discrimination.

**Call:** 0207 064 6500

**Website:** <https://www.consortium.lgbt/who-are-we/>

## Stonewall Housing

Works to ensure lesbian, gay, bisexual and trans people live in safer homes, free from fear, and where we can celebrate our identity and support each other to achieve our full potential.

**Call:** 0207 359 5767

**Website:** <https://stonewallhousing.org/>

## UK Lesbian & Gay Immigration Group

Committed to providing support and advocacy for LGBTQ+ refugees and asylum seekers in the UK.

**Call:** 07478 801676

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

## UK Lesbian & Gay Immigration Group

Supports lesbian, gay, bisexual, trans, queer or intersex (LGBTQI+) people through the asylum and immigration system.

**Call:** 0207 922 7811

**Website:** <https://uklgig.org.uk/>

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# Offenders

## Bounce Back

Offers training in painting and decorating for ex offenders on release from prison. Their focus is on getting people into paid employment in the construction industry.

**Call:** 0207 735 1256

**Website:** <http://bouncebackproject.com/>

## NACRO

Changes lives by building stronger communities and reducing crime. They house, educate, support, advise and speak out for and with disadvantaged young people and adults.

**Call:** 0300 123 1889

**Website:** <https://www.nacro.org.uk/>

## The Prison Advice & Care Trust

Provides support to prisoners, people with convictions, and their families. They support people to make a fresh start, and minimise the harm that can be caused by imprisonment on people who have committed offences, on families and on communities.

**Call:** 0207 7359535

**Website:** <https://www.prisonadvice.org.uk/>

## St Giles Trust

Helping people facing severe disadvantage to find jobs, homes and the right support they need. They help them to become positive contributors to local communities and wider society.

**Call:** 0207 708 8000

**Website:** <https://www.stgilestrust.org.uk/index>

## Together's Forensic Mental Health Practitioner

Provide assessment and therapeutic intervention where people have a primary mental health need and other vulnerabilities.

**Call:** 0207 780 7392

**Website:** <https://www.together-uk.org/our-mental-health-services/criminal-justice-mental-health/supporting-people-on-probation/>

## Women in Prison

Support women affected by the criminal justice system & campaign to end the harm of prison to women, their families & the communities.

**Call:** 0203 869 2170

**Website:** <https://www.womeninprison.org.uk/>

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# Older Adults

## Age UK – Lewisham and Southwark

They aim to support the needs of the most vulnerable, socially excluded and isolated older members of the community. They do this by delivering a range of preventative solutions to negate potential emotional, financial and physical challenges that may accompany ageing.

**Call:** 0207 701 9700

**Website:** <https://www.ageuk.org.uk/lewishamandsouthwark/>

## South London Cares

Is a community network of young professionals and older neighbours hanging out and helping one another in the rapidly changing city. South London Cares helps to reduce isolation and loneliness amongst older people.

**Call:** 0207 118 0404

**Website:** <https://southlondoncares.org.uk/home>

## 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.

**Call:** 0207 928 9521

**Website:** <https://www.blackfriars-settlement.org.uk/>

## Southwark Pensioners Centre

Work to promote choice, opportunity and quality of life for people aged 50 and over. With a wide range of services and activities

**Call:** 0207 708 4556

**Website:** <http://www.southwarkpensioners.org.uk/>

## Disability Advice Service Lambeth

Provides an advice and information helpline service and face to face advice service.

**Call:** 0207 738 5656

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

## Link Age Southwark

Is a vibrant local charity providing friendly volunteer support to older people in Southwark. Link age Southwark aims to reducing loneliness and isolation and helping older people maintain active lives within the community.

**Call:** 0208 299 2623

**Website:** <http://linkagesouthwark.org/>

## Silver Line

The Silver Line is the confidential, free helpline for older people across the UK open every day and night of the year. They offer information, friendship and advice, link callers to local groups and services and offer regular befriending calls.

**Call:** 0800 470 80 90

**Website:** <https://www.thesilverline.org.uk/>

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# Parenting and Families

## Gingerbread

supporting single parent families to live secure, happy and fulfilling lives. They provide information on a wide range of issues, including benefits and tax credits, childcare, separation, work, housing and child maintenance.

**Call:** 0207 428 5400

**Website:** <https://www.gingerbread.org.uk/>

## Home Start Southwark

Provides friendship and emotional and practical help to parents with at least one child under five years old. They provide early support to families experiencing a wide range of difficulties such as isolation, low self-esteem, mental health issues and lack of parenting skills.

**Call:** 0207 737 7720

**Website:** <https://homestartsouthwark.org.uk/>

## Parents and Communities Together (PACT)

Is a community-led social support project, set up by Citizens UK, to empower parents and improve the health and development outcomes for young children. The project adopts a community organising approach to promote early years development; combat isolation; support physical and mental health.

**Call:** 07821 447526

**Website:** [https://www.pact-citizens.org/about\\_us](https://www.pact-citizens.org/about_us)

## St. Michael's Fellowship

Believes passionately in providing equality of opportunity for all children regardless of birth circumstances. They 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.

**Call:** 0208 835 9570

**Website:** <http://www.stmichaelsfellowship.org.uk/>

## Young Minds

The Parents Helpline is a telephone helpline if you are worried about a child or young person, up to the age of 25 years, regarding emotional problems, behaviour or mental health. You can call the free helpline for confidential, expert advice.

**Call:** 0808 802 5544

**Website:** <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

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# Physical Health and Disability

## Disability Rights UK

Working to create a society where everyone with lived experience of disability or health conditions can participate equally as full citizens. A national charity aiming to relieve poverty and improve the living standards of disabled people.

**Call:** 0330 995 0400

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

## Disability Law Service

Provide free legal advice to people with disabilities and their carers to ensure that they have access to their rights and justice. They advise on community care, employment, housing and welfare benefits.

**Call:** 0207 791 9800

**Website:** <https://dls.org.uk/>

## 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

**Call:** 0207 926 5555

**Website:** <http://www.lambeth.gov.uk/Services/HealthSocialCare/AccessibleTransport/>

## Get Active London

Their ongoing mission to get more people active in London. They have activities ranging from walking groups to yoga classes. Research their website to find something suitable for you to keep active.

**Website:** <https://www.getactive.io/london>

## Latin American Disabled People's Project (LADPP)

Is the only organisation in London devoted to serving disabled people from Latin America, Europe and Africa, whose first language is Spanish or Portuguese, as well as their carers, families, and communities.

**Call:** 020 7793 8399

**Website:** <http://www.ladpp.org.uk/>

## Southwark Disablement Association

Is as a user led organisation that promotes the health and wellbeing of Deaf and Disabled People by ensuring that they have access to society as a whole, are socially included, feel safe and have the right to be full and active members of the community.

**Call:** 0207 358 7744

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

## Southwark Parks

Find parks and activities and gardening, growing and conservation in Southwark.

**Website:** <https://www.southwark.gov.uk/parks-and-open-spaces>

## Thomas Pocklington Trust

Committed to increasing awareness and understanding of the needs of people with sight loss and to developing and implementing services which meet their needs and improve lives.

**Call:** 0208 9950 880

**Website:** <https://www.pocklington-trust.org.uk/>

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# Self Help Material

## Action for Happiness

Is a movement for positive social change. They're bringing together people from all walks of life who want to play a part in creating a happier society for everyone.

**Website:**<http://www.actionforhappiness.org/10-keys-to-happier-living/notice-the-world-around>

## Be Mindful

Is committed to good mental health for all and believes the social challenge of our time is to reverse the growing level of mental ill health. Their aim is to help ensure that all those who would benefit from it have access to good quality mindfulness courses.

**Website:**<https://bemindful.co.uk/>

## 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.

**Website:**<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.

**Website:**<http://www.getselfhelp.co.uk/>

## Kagyu Samye Dzong London Tibetan Buddhist Centre

Open to people of any faith and none, the Buddhist centre offers meditation & mindfulness classes. Also provides courses in Buddhism, Tibetan language, Tai Chi and holistic therapies.

**Call:** 0203 3271650  
**Website:**<http://www.london.samyedzong.org/>

## Living Life to the Full

Teaches a range of life skills that are based on the tried and trusted CBT approach, to aim to improve wellbeing and resilience as you go through the journey of life.

**Call:** 01360 661 078  
**Website:**<https://lltff.com/>

## Men's Mind Matter

Dedicated to the prevention of male suicide by building psychological resilience and emotional strength. They provide useful resources and information.

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

## NHS Every Mind Matters

Every Mind Matters is here to help you manage and maintain your mental health, as good mental health makes such a difference. It helps us to relax more, achieve more and enjoy our lives more.

**Website:**<https://www.nhs.uk/oneyou/every-mind-matters/>

## Northumberland and Tyne Self Help Booklets

A range of self-help CBT booklets on common mental health problems.

**Website:**<http://www.ntw.nhs.uk/pic/selfhelp/>

## Rethink Mental Illness

Improve the lives of people severely affected by mental illness through our network of local groups and services, expert information and successful campaigning.

**Call:** 0300 5000927  
**Website:**<https://www.rethink.org/>

## Wheel of Wellbeing

Gives practical information on things you can do to improve your well-being – tips to test, activities to try and places to visit. happiness

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

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# Volunteering

## Community Southwark

Volunteering involves spending time, unpaid, doing something that benefits others.

Volunteering can help you gain new skills and experiences, meet new people and make a difference to your local community.

**Call:** 0207 358 7020

**Website:** <https://communitysouthwark.org/get-involved/want-volunteer-southwark>

## Do-it.org

Small charities and voluntary groups, usually run by volunteers, are the backbone of local communities – doing amazing things with little resource.

**Website:** <https://do-it.org>

## Reach Volunteering

Provides volunteering opportunities to people with business skills and Supports charities by helping to match them with skilled volunteers.

**Website:** <http://www.reachskills.org.uk/>

## Team London

Brings people from different backgrounds and communities together to make London a happier and more unified city. They offer hundreds of high-quality volunteering roles from a wide range of approved organisations. With both one-off and ongoing roles, there's something for everyone.

**Website:** <https://www.london.gov.uk/what-we-do>

## 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.

**Call:** 0203 111 0700

**Website:** <http://timebank.org.uk/>

## Urban Growth

Every week they run free, open-access workshops and volunteer opportunities, where you can improve your gardening skills, connect with nature and with local people.

**Website:** <https://urbangrowth.london/get-involved/>

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# Women

## Baytree Centre

Provide education, training, personal and social development for women and girls. 300 Brixton Rd, London, SW9 6AE.

**Call:** 0207 7335283

**Website:** <http://www.baytreecentre.co.uk/home.html>

## Bengali Women's Group

Enabling women and their families to come together, share their experiences and learn new skills which will help them to develop their opportunities and futures as independent individuals where they are able to build a better future for themselves and their families.

**Call:** 0207 403 9888

**Website:** <https://thebengaliwomensgroup.wordpress.com/>

## Latin American Women's Rights

Our mission is to reach out and provide tools to empower Latin American women in the UK to pursue personal and social change

**Call:** 0207 336 0888

**Website:** <http://www.lawrs.org.uk/>

## Ladies of Virtue Outreach

Community based organisation that works with local women and their families in challenging situations to provide care and support services for better living.

**Call:** 0740 568 3729

**Website:** <http://lovo.org.uk/>

## Pecan

The Southwark and Lewisham Women's Hubs offer safe, welcoming, one-stop-shop support for those affected by the criminal justice system, and for local women seeking support, information, and community

**Call:** 0207 732 0007

**Website:** <https://www.pecan.org.uk/>

## Rights of Women

Aim to provide women with the legal advice and information they need to understand and use the law and their legal rights. We also work to improve the law for women and increase women's access to justice.

**Call:** 0207 608 1137

**Website:** <https://rightsofwomen.org.uk/>

## Solace Women's Aid

Aim is to work to prevent violence and abuse as well as providing services to meet the needs of survivors particularly women and girls. Their work is holistic and empowering, working alongside survivors to achieve independent lives free from abuse.

**Call:** 0808 802 5565

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

## Women's Therapy Centre

Offering individual and group psychotherapy to women regardless of ability to pay, sexual orientation, disability, cultural or social background, immigration status, previous psychiatric history or age.

**Call:** 0207 263 6200

**Website:** <https://womenstherapycentre.wordpress.com/>

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# Young People

## Alone in London

Works to prevent homelessness among people aged 16–25 years, through its housing advice, family mediation, counselling and early intervention work.

**Call:** 0207 278 4224

**Website:** <https://uk.depaulcharity.org/alone-london>

## Anna Freud Centre

Provides therapy services for young people aged 12–18 years. They have team of friendly and professionally trained clinical staff with years of experience helping with a range of problems.

**Call:** 0207 794 2313

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

## Buttle UK

Offers maintenance, education and advancement in life of children and young people who through poverty and family circumstances are in need of, and will benefit significantly from support.

**Call:** 0207 8287311

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

## Catch22

Work with young people and families, providing early intervention, targeted and specialist support services to those in crisis, leaving care, missing from home or with substance misuse or mental health problems.

**Call:** 0207 336 4800

**Website:** <https://www.catch-22.org.uk/>

## Face in Focus

Provide support and advice to young people in Southwark between the ages of 11-25 years. They established counselling and support services at their premises near Elephant & Castle.

**Call:** 0207 403 2444

**Website:** <https://www.facesinfocus.org.uk/>

## Kooth

Offers free, safe and anonymous online counselling and emotional well-being platform for children and young people. Young people can chat to their friendly counsellors, read articles written by young people and get support from the Kooth community.

**Website:** <https://www.kooth.com/index.html>

## OASIS

Is a health service for young people aged 14-35, who are experiencing psychological distress. They offer individual and family therapy, medical consultation, and practical support with issues such as housing and finances.

**Call:** 0203 228 7200

**Website:** <https://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0044>

## The Mix

Is here to take on the embarrassing problems, weird questions, and thoughts that people aged 13–25 years have in order to give them the best support through their digital and phone. They connect you to experts and your peers who'll give you the support and tools you need to take on any challenge you're facing – for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs.

**Call:** 0808 808 4994

**Website:** <https://www.themix.org.uk/>

## 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. They accept referrals from across London and will see any young person between the ages of 13–20 years.

**Call:** 0208 473 1581

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

## Salmon Youth Centre

Promote positive change in young people and support their transition to adulthood by improving their health & wellbeing, prepare young people for education and work and involving young in positive community engagement. They welcome all young people from all backgrounds between 6-25 years old.

**Call:** 0207 237 3788

**Website:** <https://salmonyouthcentre.org/our-work/>

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# ADHD and Autism Spectrum Disorder

## Audio Visual Schedule

Is a application that provide individuals with communication needs, developmental delays, Autism or those who benefit from a structured environment a consistent cues about their daily activities. The application can be downloaded on any android mobile and tablets

**Website:**<http://www.avschedule.co.uk>

## National Autistic Society

Provider of specialist autism services. Their goal is to help transform lives, change attitudes and create a society that works for autistic people.

**Call:** 0808 800 4104

**Website:**<https://www.autism.org.uk/>

## 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.

**Call:** 0208 458 3259

**Website:**<http://www.resourcesforautism.org.uk/>

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# Anxiety

## 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.  
**Call:** 0203 9261 0391  
**Email:** [sazze1@ntlworld.com](mailto:sazze1@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.  
**Call:** 0845 296 7877  
**Website:** [www.anxietyalliance.org.uk](http://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.  
**Call:** 0844 477 5774  
**Website:** [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## No Panic

Helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers.  
**Call:** 0844 967 4848  
**Website:** <https://nopanic.org.uk/>

## Talking Therapies Southwark (IAPT)

The service is for people presented with depression and / or anxiety, aged 16 and over and is registered with a Southwark GP. It also works with people who is coping with or adjusting to bereavement, or long-term physical health conditions  
**Call:** 0203 228 2194  
**Website:** <https://slam-iapt.nhs.uk/southwark>

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# Bipolar

## Bi-Polar UK

Dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar, their families and carers. They provide a comprehensive peer support service for people affected by bipolar and increase the reach of our delivery.

**Call:** 0333 323 3880

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

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# Dementia

## Alzheimer's Society

Is the only UK charity that campaigns for change, funds research to find a cure and supports people living with dementia today. They provide a range of support services to help people affected by dementia find the right support, advice and information, at the right time.

**Call:** 0300 222 11 22

**Website:** <https://www.alzheimers.org.uk/>

## Dementia UK

Provides specialist dementia support for families through their Admiral Nurse service. The nurses work alongside people with dementia and their families: giving them the one-to-one support, expert guidance and practical solutions they need, and that can be hard to find elsewhere.

**Call:** 0800 888 6678

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

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# Depression

## Big White Wall

People come to Big White Wall for help with a wide range of mental health and wellbeing issues – from anxiety, depression, stress and trauma, to relationship problems and lifestyle challenges. Organisations can commission our Support Network services, or Support Network plus Live Therapy.

**Call:** 0203 405 6196

**Website:** <https://www.bigwhitewall.co.uk/our-services>

## Depression Alliance

An organisation that offers information and advice about depression and campaigns to raise awareness of the realities of depression.

**Website:** [www.depressionalliance.org](http://www.depressionalliance.org)

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**Website:** <https://slam-iapt.nhs.uk/southwark>

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# Eating Disorders

## **Anorexia & Bulimia Care**

offer personal, on-going, emotional support and practical guidance for recovery for people struggling with Anorexia Nervosa, Bulimia Nervosa and Binge eating, in addition to related self-harm.

**Call:** 03000 11 12 13

**Website:**<http://www.anorexiabulimiacare.org.uk/>

## **Beat Eating Disorder**

Is the UK's eating disorder charity to end the pain and suffering caused by eating disorders. They are a champion, guide and friend to anyone affected, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered.

**Call:** 0808 801 0677

**Website:**<https://www.beateatingdisorders.org.uk/>

## **Student Minds**

Works with students, service users, professionals and academics to develop new and innovative ways to improve the mental health of students. They provide details of campus-based support groups for students experiencing difficulties around food or body image.

**Call:** 0113 343 8440

**Website:**<https://www.studentminds.org.uk/>

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# HIV

## 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.

**Call:** 0207 923 6880

**Website:** <http://bodyandsoulcharity.org/>

## Caldecot Centre

Provides confidential medical, social and welfare support for people living with human HIV. If you have had a positive HIV test, you can self-refer to the service by emailing [kch-tr.SexualHealthSecretaries@nhs.net](mailto:kch-tr.SexualHealthSecretaries@nhs.net). In your email, please give your name, contact details, date of birth and the date that you took the test.

**Call:** 0203 299 5000

**Website:** <http://www.kch.nhs.uk/service/a-z/hiv>

## HIV Liaison Service

They are a multi-professional team of HIV Mental Health Specialists who provide assessment and treatment in the community that are diagnosis with HIV. They accept self-referrals and based at 1st Floor, Reay House, Lambeth Hospital, 108 Landor Road, London SW9 9NT

**Call:** 020 3228 5121

**Website:** <https://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0304>

## Terrance Higgins Trust

The largest voluntary sector provider of HIV and sexual health services in the UK, running services out of local centres across Great Britain.

**Call:** 0808 802 1221

**Website:** <http://www.tht.org.uk/>

## Positive Parenting and Children

Service for anyone affected by HIV/AIDS in Southwark. Telephone helpline, mixed support group, various therapies and massage, sex/relationship counselling, domiciliary child-care. Clubs, groups and creche for children and young people.

**Call:** 020 7738 7333

## SHAKA Services

Provides counselling, emotional support, information and advice to African & African Caribbean communities on HIV/AIDS, sexual health, welfare rights and community care.

**Call:** 0207 7356744

**Website:** <http://shakaservices.org.uk/>

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# Learning Disabilities

## Action Space

Supports the development of artists with learning disabilities and creates innovative projects for people with learning disabilities to engage with the visual arts.

Call: 0207 209 4289

Website: <http://actionspace.org/>

## Bede Centre

Is a place where people with learning disabilities can learn new skills, make friends, and help other people.

Call: 0207 237 3881

Website: <https://bedehouse.org.uk/programmes/learning-disabilities/>

## Coral

Is a leader in dance created by artists with a learning disability. They explore the relationship between performers with and without a learning disability, between dance and other art forms, and between professional and participatory artwork.

Call: 0207 091 7113

Website: <https://www.coral.org.uk/>

## Heart n Soul

Is an award-winning creative arts company and charity who believes in the power and talents of people with learning disabilities, providing opportunities for people to discover, develop and share this power and talent as widely as possible.

Call: 0208 694 1632

Website: <https://www.heartnsoul.co.uk/>

## L'Arche London

Is building community with people with learning disabilities in London. They go beyond supporting people's basic needs to attend to their emotional and spiritual lives, too.

Call: 0208 670 6714

Website: <https://www.larchelondon.org.uk/>

## People First

Is a national self-advocacy organisation run by and for people with learning difficulties. They support people with learning difficulties to stand up for themselves and take control of their lives.

Call: 0207 274 5484

Website: <http://peoplefirstltd.com/>

## Rathbone

Provides individual support and group activities for young people and adults with learning disabilities in and around Lambeth. They 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.

Call: 0208 670 4039

Website: <http://rathbonesociety.org.uk/>

## Stepping Stones

Are a South London based charity creating life enhancing, meaningful activities by working with, listening to, and learning with adults with learning disabilities in the local area.

Call: 07950 612 914

Website: <http://steppingstoneslearning.org.uk/>

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# Long Term Health Conditions

## Chronic Pain Service SLaM

Is an internationally recognised research and treatment unit, which provides a specialist diagnostic assessment and treatment for people with chronic fatigue syndrome (CFS). They have developed models for understanding and treating CFS and continue to be at the forefront of research and development in this field.

Call: 0203 228 5075

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

## DESMOND Southwark

Is a Type 2 Diabetes Education and Self Management for Ongoing and Newly Diagnosed programme. In Southwark, the DESMOND course is held monthly and is delivered to groups of up to 15 participants. If you are interested in joining the DESMOND course in Southwark, please contact your practice nurse or GP to refer you.

Call: 0203 049 5242

Website: <https://www.southwarkccg.nhs.uk/your-health/conditions/diabetes/Pages/default.aspx>

## 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.

Call: 0207 188 3255

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

## Self Management UK

Self management support for people living with long-term health conditions including mental health issues. Self-management is suitable no matter what your long-term health condition(s); asthma, diabetes, heart disease, arthritis, chronic pain and anxiety.

Call: 0800 988 5560

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

## Talking Therapies Southwark (IAPT)

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Call: 0203 228 2194

Website: <https://slam-iapt.nhs.uk/southwark>

## Support Groups for Long Term Conditions in Southwark

- Southwark Breathe Easy local support group for anyone with a lung condition and friends, relatives, carers and involved professionals. Call: 0800 988 5560
- Cardiac Support Group for people who have a heart problem need further help and support following their recovery. Call: 020 8699 4805
- Diabetes Community Champions support diabetes clinics, giving talks in community centres and running stands at fun days and other events.

Call: 0207 5252 3982

Website: <https://www.southwarkccg.nhs.uk/your-health/conditions/support-groups/Pages/default.aspx>

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# Neurological problems/Memory

## **Headway - the brain injury association**

Promote understanding of all aspects of brain injury and provide information, support and services to survivors, their families and carers. In addition, Headway will campaign to reduce the incidence of brain injury.

**Call:** 0115 924 0800

**Website:** <https://www.headway.org.uk/>

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**NHS**

**Southwark**

Clinical Commissioning Group

# Personality Disorder

## Elefriends

Elefriends is a friendly, supportive online community for anyone experiencing a mental health problem.

**Website:** <https://www.elefriends.org.uk/>

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# Psychosexual Problems

## **Tavistock Relationships**

Tavistock Relationships is an internationally renowned charity for advanced practice, training and research to support couples, individuals and families. Couple relationships matter as they affect our wellbeing, our children's mental health and development and how we engage with others in our community.

Call: 0207 380 1975

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

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# Psychosis

## Hearing Voices Network

Provides information and support for people who hear voices and local support groups

Email: [info@hearing-voices.org](mailto:info@hearing-voices.org)

Website: <http://www.hearing-voices.org/>

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# Sleeping Problems

## Narcolepsy UK

Supporting people with narcolepsy, their families, carers and others interested in improving their quality of life.

**Call:** 0345 450 0394

**Website:** <https://www.narcolepsy.org.uk/>

## NHS Choices

Includes tips and tools to help you improve your sleep, including a template sleep diary.

**Website:** <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

## Sleep Apnoea Trust

Working to improve the lives of sleep apnoea patients, their partners and their families. They provide information on the Sleep Apnoea and living with the condition.

**Call:** 0800 025 3500

**Website:** <http://www.sleep-apnoea-trust.org/>

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**Call:** 0203 228 2194

**Website:** <https://slam-iapt.nhs.uk/southwark>

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## References

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2. <https://communitysouthwark.org/organisations-venues/organisation/purpose>
3. <https://www.southwark.gov.uk/libraries/search-for-community-information>
4. <https://www.lambethandsouthwarkmind.org.uk/directory/>

