



# SUPPORT SERVICES

It can be upsetting to talk about experiences of mental health problems. Please see below a list of support resources and organisations you can contact for help.

## FOR URGENT HELP

Call 999 if you are in a crisis or an emergency situation.

Call 111 or use the NHS 111 online service for support from the free NHS helpline.

## FOR FREE EMOTIONAL SUPPORT

**Samaritans** - Call 116 123 if you would like to speak to someone for mental health support (free and available 24 hours a day).

**Together all** -Online service providing access to support for anxiety, depression and other common mental health issues:  
<https://togetherall.com/en-gb/>

**The Free Psychotherapy Network**- Free or reduced cost counselling and psychotherapy for people on low incomes:  
<https://freepsychotherapynetwork.com>

**NHS GP**- You can speak to you GP about any mental health difficulties you may be experiencing. This is a guide on how to talk to your GP:  
<https://www.mentalhealth.org.uk/publications/gp-visit-guide>

**NHS talking therapies (IAPT)**: You can access free NHS support for psychological therapies by speaking to your GP or directly via your local IAPT services (more information can be found here):  
<https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>.

You can self-refer to receive support if you are over 18 and registered with a GP in the relevant boroughs in south-east London:

**Southwark**: <https://slam-iapt.nhs.uk/southwark/welcome-to-southwark-psychological-therapies-service/contact-us/making-an-appointment/>  
Phone: 020 3228 2194 | Email: slm-tr.SPTS@nhs.net

**Lambeth**: <https://gateway.mayden.co.uk/referral-v2/a98fce9c-9ec0-4e3e-b5d4-e390ffa04b17>.  
Phone: 07971 717 534

**Croydon**: <https://gateway.mayden.co.uk/referral-v2/80a568ab-6ae0-4803-b9c6-0c849e6c4d7d>.  
Phone: 020 3228 4040

**Lewisham**: <https://gateway.mayden.co.uk/referral-v2/ec44a5ce-1e46-465a-ad50-e9943d78d02d>.  
Email: slm-tr.IAPTLewisham@nhs.net





## SUPPORT SERVICES

### FOR FREE LOCAL (SOUTH-EAST LONDON) BLACK & MINORITY ETHNIC MENTAL HEALTH SUPPORT

**Southwark Wellbeing Hub** - Information and support for mental wellbeing for those in Southwark:  
<https://www.together-uk.org/southwark-wellbeing-hub/the-directory/hub-tag/bme/>

**Oasis – Mind (Lambeth and Southwark)** – Free online counselling sessions are offered to those of African and Caribbean heritage (currently on Mondays, Wednesdays and Thursdays):  
<https://www.lambethandsouthwarkmind.org.uk/oasis/>

**Peckham Befrienders Group** - Black and ethnic minority befriending group for people who are experiencing mental health difficulties and receiving care from SLaM NHS trust:  
<https://www.together-uk.org/southwark-wellbeing-hub/the-directory/9188/peckham-befrienders-group/>

**Black Thrive** - Organisation aiming to create systems of change to support Black people in Lambeth to thrive:  
<https://www.blackthrive.org.uk>

**Kindred Minds** – Peer support network for Black and ethnic minorities in Southwark, led by service users:  
<https://www.together-uk.org/southwark-wellbeing-hub/the-directory/9191/kindred-minds/>

**Black Minds Matter** -An organisation to connect Black individuals and families with free mental health services provided by Black therapists:  
<https://www.blackmindsmatteruk.com>

### FOR PRIVATE PSYCHOLOGICAL SUPPORT (CULTURALLY DIVERSE)

**The Black, African and Asian Therapy Network** - Largest UK community of Therapists and Counsellors from Black, African, Asian and Caribbean heritage:  
<https://www.baatn.org.uk>

**Nafsiyat** -A charity offering culturally sensitive therapy to people from diverse ethnic and religious communities:  
<https://www.nafsiyat.org.uk>

**Waterloo Community Counselling** – Free multi-ethnic counselling for refugees and asylum seekers in over 20 languages: <https://www.waterloocc.co.uk/contact-us/>



# SUPPORT SERVICES

## FOR ORGANISATIONS & RESOURCES ON EMPOWERMENT, RACE & WELLBEING

**Black and minority ethnics In Psychiatry & Psychology Network (BiPP)** -Organisation to increase the representation of Black and ethnic minority people within Psychiatry and Psychology, including discussions, talks and workshops:  
<https://www.bippnetwork.org.uk>

**Runnymede Trust** -An independent race equality focused organisation to challenge racial inequality:  
<https://www.runnymedetrust.org>

**Black Learning Achievement and Mental Health** - Organisation committed to supporting the health and self-esteem of people of African heritage:  
<https://www.london.gov.uk/what-we-do/volunteering/search/blam-black-learning-achievement-and-mental-health>

**London Black Women's Project** -An organisation supporting women from ethnic minority backgrounds who have experienced domestic violence and abuse:  
<http://www.lbwp.online>

**MIND Young Black Men** -Programmes within the MIND charity to support young Black boys and men:  
<https://www.mind.org.uk/about-us/our-policy-work/equality-and-human-rights/young-black-men/>

**100 Black Men of London** -A community based charity led by Black men, to provide mentoring, education, economic empowerment and health and wellness programmes:  
<http://100bml.org/about/>

**Stephen Lawrence Trust** - Supporting young people (13-30 years old) from disadvantaged backgrounds to flourish:  
<https://www.stephenlawrencetrust.org>

**The Advocacy Academy** - An organisation for young people from South London focused on social justice:  
<https://www.theadvocacyacademy.com>

**Therapy for Black Girls Podcasts** - Presenting weekly podcasts on mental health topics and personal development in an accessible and relevant way:  
<https://therapyforblackgirls.com/podcast/>

**Race reflections resources** -Free access to articles on race reflections on inequality, injustice and oppression:  
<https://racereflections.co.uk/resources/>