

# LOCAL WELLBEING SUPPORT



This list has some places to find help and support in the Lambeth area. You can also speak to your GP for more information.

## Free & Low Cost Counselling

The organisations listed below offer free or low cost counselling for Lambeth residents. Some organisations have a sliding scale of fees based on your income or they may have a waiting list that you can join. You can also access free counselling through Lambeth IAPT.

### WATERLOO COMMUNITY COUNSELLING

Low-cost counselling according to income (New rates from 1st April 2016). Free Multi-Ethnic Counselling in a range of languages for refugees and asylum-seekers living in south London and members of BME communities living in Lambeth & Southwark. Waterloo Community Counselling is a partner of Lambeth IAPT.

Barley Mow Clinic  
Frazier St. SE1 7BD  
T: 020 7928 3462  
E: [info@waterloocc.co.uk](mailto:info@waterloocc.co.uk)  
W: [waterloocc.co.uk](http://waterloocc.co.uk)

### THE AWARENESS CENTRE

Low-cost counselling for people on low income, state benefits; students aged over 18 and those registered as disabled. The Awareness Centre is a partner of Lambeth IAPT.

41 Abbeville Road, SW4 9JX  
T: 020 8673 4545  
E: [info@theawarenesscentre.com](mailto:info@theawarenesscentre.com)  
W: [theawarenesscentre.com](http://theawarenesscentre.com)

### WANDSWORTH ASSOCIATION OF PSYCHOTHERAPISTS

293 Balham High Road, SW17 7BE  
T: 020 8767 2828  
E: [info@wandsworthap.co.uk](mailto:info@wandsworthap.co.uk)  
W: [wandsworthap.co.uk](http://wandsworthap.co.uk)

### THE ALBANY TRUST CENTRE

Fees on a sliding scale according to income, some low cost places. The Albany Trust Centre specialises in issues related to sexuality and gender.

293A Balham High Road, SW17 7BE  
T: 020 8767 1827  
E: [albanytrust@hotmail.co.uk](mailto:albanytrust@hotmail.co.uk)  
W: [albanytrust.org.uk](http://albanytrust.org.uk)

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### LAMBETH IAPT

Lambeth Talking Therapies Service is part of Lambeth IAPT. It offers free support if you are aged over 18 and living in Lambeth, or registered with a Lambeth GP. They offer appointments across Lambeth. Your GP can refer you to their services or you can self-refer.

Call **0203 228 6747** to arrange a telephone assessment with one of their therapists.

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## Ongoing Mental Health Issues

### MOSAIC CLUBHOUSE

Mosaic Clubhouse provides support and opportunities to people living with a mental health condition. Free for Lambeth residents who suffer from an ongoing mental illness and are aged 18-65.

65 Effra Road, SW2 1BZ  
T: 020 7924 9657  
E: [infohub@mosaic-clubhouse.org](mailto:infohub@mosaic-clubhouse.org)  
W: [mosaic-clubhouse.org](http://mosaic-clubhouse.org)

### CERTITUDE

Lambeth Peer Support Network helps people with mental health needs to support each other to stay well. The activities they offer include a Men's Union, Women's Group, social media workshops and crisis workshops. Free coffee & cake Wednesdays 10am-11.30am and Fridays 3pm-4.30pm.

107 Railton Road, SE24 0LR  
T: 0207 737 2888  
E: [peernetworlambeth@certitude.org.uk](mailto:peernetworlambeth@certitude.org.uk)  
W: [certitude.org.uk](http://certitude.org.uk)

### LIVING WELL NETWORK HUB

Lambeth Living Well Network Hub can direct local people to community based support for mental health and wellbeing.

Streatham Job Centre Plus  
Crown House, Station Approach, SW16 6HW  
T: 0203 691 5080  
E: [information@lwnhub.net](mailto:information@lwnhub.net)

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This information sheet was produced by St. Luke's Hub, 25a Wincott St. SE11 4NT 0207 735 5802

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# LOCAL WELLBEING SUPPORT

## Ongoing Mental Health Issues cont.

### LIVING WELL NETWORK AT ST. LUKE'S HUB

New weekly sessions where you can come for an informal 15-minute assessment of your mental health needs. You can self-refer and make an appointment. Tuesdays 10am-3pm

St Luke's Hub, 25a Wincott St. SE11 4NT

T: 020 7735 5802

E: sam.bedford@wlm.org.uk

## Acute Mental Health Issues

### SLAM 24-Hour Helpline

If you, a family member or friend need urgent help or advice, contact the free South London & Maudsley 24-hour mental health support line on **0800 731 2864**.

### SOLIDARITY IN A CRISIS

Solidarity in a Crisis is a user and carer service. It provides out of hours support over the phone and in person. Peer Supporters with experience of overcoming mental health crises run the service.

Monday to Friday 6pm to 12 midnight

Saturday & Sunday 12pm to 12 midnight

Freephone: **0300 123 1922**

E: outofhours-solidarity@certitude.org.uk

### SHARP TEAM LAMBETH

Specialist mental health professionals focused on recovery and wellbeing for people using mental health services in Lambeth. Offers therapies focused on body, mind, and social inclusion. To be referred, ask your care coordinator or consultant.

T: 0203 228 7050

E: sharp@slam.nhs.uk

## Support for Young People

### THE WELL CENTRE

A youth health centre for young people aged 13-20. Drop-in to see a youth worker, counsellor or doctor. No appointment needed, discuss your health concerns or worries in a safe and confidential space.

16 Wellfield Road, SW16 2BP

T: 020 8473 1581

E: info@thewellcentre.org

W: thewellcentre.org

## Support for Young People cont.

### OASIS

Advice, support and treatment for young people suffering psychological distress, aged 14 to 35 and living in south London.

Open Monday to Friday 9am - 5pm

190 Kennington Lane SE11 5DL

T: 0203 228 7200

E: OASISReferrals@slam.nhs.uk

## Mental Health & Creativity

### COOLTAN ARTS

Run by and for adults with experience of mental distress. Offering workshops, self-advocacy, volunteering, guided walks, exhibitions. See website for blogs their cooking club, local walks and poetry. You can self-refer to use this service.

Third Floor, 224-236 Walworth Road, SE17 1JE

T: 020 7701 2696

E: info@cooltanarts.org.uk

W: cooltanarts.org.uk

### COOLTAN ARTS WELLBEING SERVICE

Free service. Meet with a Wellbeing Adviser and develop a wellbeing plan, followed by regular appointments. Your GP can refer you to use this service. Fridays 10am-1pm

Lambeth Walk Group Practice

5 Lambeth Walk, SE11 6SP

T: 020 7701 2696 or 020 7735 4412

E: wellbeing@cooltanarts.org.uk

W: cooltanarts.org.uk

### DRAGON CAFÉ

Offers affordable, healthy menu each week, and activity groups to develop mental, physical and creative wellbeing. All free and open to all. Open every Monday from 12 midday to 8.30pm. Volunteering opportunities also available.

Crypt of St George the Martyr Church

Borough High St, SE1 1JA

T: 07813 900 062

E: declan@mentalfightclub.com

W: dragoncafe.co.uk

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**St Luke's Hub**  
West London Mission