



Living Well
Network
Alliance



Lambeth Single Point of Access (SPA)

Helping you get the right mental
health support first time

t: 0800 090 2456

e: LambethSPA@slam.nhs.uk

www.lambethtogether.net/SPA

Lambeth Single Point of Access helps Lambeth adults aged 18 to 65 get the right mental health support first time.

Contact us if you are worried about your mental health and need more support than your GP can provide.

What do we offer?

We are a team of mental health professionals, support workers and social workers who can help you access:

- one of three Living Well Centres. These offer short and longer term support from our teams of clinicians, social workers, people with lived experience and support workers.
- if appropriate, a team that can visit you if you require mental health crisis support within 24 hours
- other services and community groups who can support you.

Ways to get help from us

You can:

- Visit **www.lambethtogether.net/SPA** and fill out a form to introduce yourself
- Ask a friend or family member to contact us on your behalf
- Visit your GP and ask them to contact us on your behalf
- Call Lambeth Single Point of Access on **0800 090 2456**
(Monday to Friday 9am to 5pm)

