



Lambeth Single Point of Access (SPA)

Helping you get the right mental health support first time

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)

t: 0800 090 2456

e: LambethSPA@slam.nhs.uk
www.lambethtogether.net/SPA