

Mental Health Services in Lambeth Useful Information for GPs

Under 18's

CAMHS

Contact CAMHS for under 18 years on one the following:

Lambeth CAMHS Rapids Team

For children and young people who are experiencing a crisis and severe and complex needs.

Tel: **020 3228 7370**

Lambeth CAMHS River Team For those with moderate to severe mental health needs or learning difficulties that impact on daily life.

Tel: **020 3228 7370/020 3049 5260**

Lambeth CAMHS Youth Offending Service

For young people who are known to Lambeth Council Youth Offending Service and have mental health needs.

Tel: **020 3228 6765**

Lambeth Children Looked After Mental Health Services

The assessment and treatment of children under the care of Lambeth Council.

Email referrals to: lambethclamhs@slam.nhs.uk

Tel: **020 3228 6765**

Parent and Infant Relationship Service

This service is open to expectant parents and parents of newborns and toddlers who are struggling with parenthood.

Tel: **020 3228 6771**

18-65's

Single Point of Access

Supports people aged 18-65 who do not require above services or if you are unsure of diagnosis or support needed, including social support. It is the front door to other secondary care MH services. The SPA can refer urgent referrals within 48 hours or make onward referrals if the person needs support sooner.

Introductions can be made by GPs, friends, family and carers or self-introductions can be made at: lambethspa@slam.nhs.uk or www.lambethtogether.net/SPA to fill out a form.

Lambeth Talking Therapies

Supports people with mild to moderate depression, anxiety, traumatic memories, anger, eating, and relationship or sexual difficulties.

GP referral or self-referral can be made at
www.lambethtalkingtherapies.nhs.uk/refer-yourself

If you are unable to refer yourself, please call **07971 717534**.

Perinatal Mental Health

For the referral of women who have current or previous mental illness that cannot be effectively managed in primary care. If a woman is already under the care of a CMHT she can still be referred to the Perinatal Mental Health Team who will work jointly with the CMHT.

To discuss a Patient referral call: **020 3299 3234**

To email a referral: **PerinatalMHS@slam.nhs.uk**

To post a referral:

Perinatal Mental Health Team for Lambeth, Southwark and Lewisham, Department of Psychological Medicine, 1st floor, Cheyne Wing, Kings College Hospital, Denmark Hill, London SE5 9RS.

Early Intervention Lambeth

LEO will accept referrals for anyone between 18-65 who is experiencing symptoms of first episode of psychosis.

To discuss a Patient referral call: **020 3228 7200**

Alcohol and Drug Service

Refer to the worker in your practice. self-referrals are accepted. Due to covid-19 restrictions, contact with Patients is primarily remote contact only.

To discuss a Patient referral call: **020 3228 1500**

Over 65's

Older Adults

For those over 65 years contact the memory service on **020 3228 0570**.

Additional Information on Services in Lambeth

Employment Support

Mosaic Clubhouse

Offers support and opportunities for those with Mental Health problems

Visit <https://www.mosaic-clubhouse.org/InformationHub> or

email: infohub@mosaic-clubhouse.org

Mon-Fri 9-4 drop in. The building has limited capacity due to covid-19 restrictions.

Tel: **0207 924 9657**

SRA Ltd

Charity that provides employment training and intermediate employment to people with MH problems.

Visit: www.sra-ltd.co.uk

Non-Clinical Support Settings

Evening Sanctuary at Mosaic Clubhouse

Out of hours support service in a non-clinical space. Operating appointment only due to covid-19. Tel: **0207 924 9657**

MIND Directory of services in Lambeth: For more details visit:

<http://lambethandsouthwarkmind.org.uk/directory/>

Solidarity in a Crisis (run by Certitude)

An out of hours crisis helpline run by peer supporters

Open: Monday to Friday from 6pm until midnight

Saturday and Sunday from midday to midnight

Freephone: **0300 123 1922**

Smoking Cessation

Smoking cessation clinic for those under SLAM care in Lambeth: Freephone **0800 856 3409**

For those under the care of Guy's and St Thomas, GSTT Specialist Community Smoking Cessation Clinics provide support for those who might find it harder to quit, particularly those with a long term physical or mental health condition.

Email: **gst-tr.stopsmokinglambeth@nhs.net**

If it is urgent call: **080 0856 3409 or 020 3049 5791**

Wellbeing

Wheel of wellbeing is a handy way to think about some of the things you can do to improve wellbeing - **<https://www.wheelofwellbeing.org>**