

306 Medical Centre SIGNPOSTING RESOURCES

Please refer to this leaflet for wellbeing resources. This information may change from time to time but we hope this guide will help to point you in the right direction to seek any support.

Social support

Southwark Wellbeing Hub

Website: <http://www.together-uk.org/southwark-wellbeing-hub/the-directory/>
Providing information and support for 18-65 years old for Activities & Leisure, Care & Support, Health & Wellbeing, Housing, Legal & Advocacy, Money, Skills & Work.

Blackfriars Settlement

Website: <http://www.blackfriars-settlement.org.uk/mental-health>
Promotes well-being through person-centred personal development. Training and development pathway or a less structured environment including peer support.
1 Rushworth Street, London SE1 ORB

Dragons Cafe

A relaxing café and imaginative space, open to all, the Dragon Café is located in Borough and open every Monday from 12 midday to 8.30 pm.
Website: <https://dragoncafe.co.uk/>

Faces in Focus

Website: <http://facesinfocus.org.uk/>
Advice, advocacy and signposting for 11-25 year olds including those with complex needs relating to: homelessness, financial insecurity, insecure immigration status and witnessing and/or experiencing gender based violence

Sporting Recovery

Website: <https://sportingrecovery.org.uk/>
Encourages the most vulnerable adults to adopt a healthier lifestyle, by promoting structure and social interaction. With our holistic approach to recovery, exercise, nutritional advice and education are integrated into an accessible form. Damilola Taylor Centre, 1 East Surrey Grove, London, SE15 6DR

Coplestone Centre

Website: <https://www.coplestoncentre.org.uk/>
A multi-cultural, multi-purpose community centre. They offer activities, groups and immigration support.

Southwark S.A.I.L

Website: <https://www.ageuk.org.uk/lewishamandsouthwark/services/sail/>
Provide a quick and simple way to access a wide range of local services to support older people in maintaining their independence, safety and wellbeing for **over 50's**.

Crisis support

Listening Place

Website: <http://listeningplace.org.uk/>

Face-to-face counselling support for those who feel life is no longer worth living. 3 Meade Mews, London, Pimlico, SW1P 4EG. GP can refer or self-refer.

Slam 24 hr Crisis line (open to professionals, service-users, carers etc)

Tel No: 0800 731 2864

Support for victims of sexual abuse

Survivors Trust

Website: <http://thesurvivorstrust.org/find-support/london-england/>

One in Four

Website: <http://www.oneinfour.org.uk/>

Rape and Sexual Abuse Support Centre

Website: <http://www.rasasc.org.uk/counselling/>

Croydon – counselling, advocacy, outreach

Immigration support

Southwark Day Centre for Asylum Seekers (SDCAS)

Website: <http://www.sdcas.org.uk/our-centres.html>

Peckham, Kennington and Dulwich

Migrant Help Southwark

Website: <http://www.together-uk.org/southwark-wellbeing-hub/the-directory/9245/migrant-help/>

If you are newly arrived or been in the UK some time, Asylum Help is here to provide you with free information and support to assist you through the asylum process.

Helen Bamber Foundation

Website: <http://www.helenbamber.org/>

The Helen Bamber Foundation supports refugees and asylum seekers who have experienced extreme human cruelty, such as torture and human trafficking. We provide specialist care to meet the complex needs of some of the most marginalised and vulnerable people in the world. We offer survivors specialist psychological and physical therapy, housing and welfare support, legal protection and creative arts and skills programmes to help people rebuild their lives.

Women Only support

The Bridge

Website: <https://www.thebridge-uk.org/>

A charity that provides women with the facilities and support to equip them to have a

better life, through knowledge, self-belief, exercise and diet so they can benefit from good health and wellbeing and take control of their own lives.

Iranian and Kurdish Women's Rights Organisation

Website: <http://ikwro.org.uk/>

IKWRO's mission is to protect Middle Eastern and Afghan women and girls who are at risk of 'honour' based violence, forced marriage, child marriage, female genital mutilation and domestic violence and to promote their rights. We provide direct services for women and girls, including advocacy, training and counselling.

Pause

Website: <https://www.pause.org.uk/>

Pause works with women who have experienced, or are at risk of, repeated pregnancies that result in children needing to be removed from their care. We aim to give women the opportunity to pause and take control of their lives breaking a destructive cycle that causes both them and their children deep trauma.

Southwark Women's Space

Workshops, information, coaching, signposting
All Saints Church, Blenheim Grove, SE15 4QS
Tuesdays and Thursdays 10-4
07944 682 623 katie.kelly@pecan.org.uk

Support for Men

Men's Sheds

Website: <https://menssheds.org.uk/>

Offers a communal space where members share the tools and resources they need to work on projects of their own choosing at their own pace and in a safe, friendly and inclusive venue.

Campaign Against Living Miserably (CALM)

Website: <https://www.thecalmzone.net/>

The Campaign Against Living Miserably (CALM) is leading a movement against male suicide, the single biggest killer of men under 45 in the UK. Join the campaign to take a stand against male suicide and get the tools you need for action.

Everyman Project

Website <http://www.everymanproject.co.uk/>

We are a Charitable organisation whose mission is to help society by reducing angry, abusive and violent behaviours. Support groups, counselling, partner support. Highgate, N19 5NJ.

LGBTQ

Metro

<http://www.together-uk.org/southwark-wellbeing-hub/the-directory/13715/metro/>

Metro Spark is a free and confidential service for lesbian, gay, bisexual and transgender (LGBTQ) young people aged 16-25 in Southwark.

Axis (support for chemsex)

<http://londonfriend.org.uk/axis-a-new-chemsex-clinic-for-south-london/#.XA518eRLEjA>

A dedicated sexual health clinic for men who have sex with men and transgender women

Support for young people

Faces in Focus

Website: <http://facesinfocus.org.uk/>

Advice, advocacy and signposting for 11-25 year olds including those with complex needs relating to: homelessness, financial insecurity, insecure immigration status and witnessing and/or experiencing gender based violence

Princes Trust

<https://www.princes-trust.org.uk//about-the-trust/where-we-work/south-england/kennington-centre>

We help 13 to 25-year-olds work towards their personal goals through Fairbridge, a free and fun personal development programme to equip you with the tools you need to move forward.

Legal Support

Advising Communities

Website: <https://advisingcommunities.uk/>

Advising Communities is the legal advice, support and education charity for individuals in need and the essential organisations that support them in their communities.

Southwark Legal Advice Network

Website: <http://www.southwarkadvice.org.uk/>

Information about advice services in Southwark, listed according to the area of advice – Money/Debt/Tax, Housing & Homelessness, Employment, Welfare Benefits & Tax Credits, Immigration, Discrimination, Goods & Services, Fuel Costs, Family, Community Care, Domestic Violence, Education, Personal Injury and Public Law.

Self-help

Apps

Mindshift - Aims to help teens and young adults cope with anxiety.

Kooth - online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

CalmHarm - Calm Harm is an award-winning app developed for teenage mental health charity stem4, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

Habitica – A free habit building and productivity app that treats your real life like a game. With in-game rewards and punishments to motivate you and a strong social

network to inspire you, Habitica can help you achieve your goals to become healthy, hard-working, and happy.

For more options: <https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health>

NHS Self-help workbooks

Website: <https://web.nrw.nhs.uk/selfhelp/>

Various conditions

Centre Clinical Interventions

Website: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Resources on - Anxiety, Assertiveness, Bipolar, Body Dysmorphia, Depression, Disordered Eating, Health Anxiety, Panic, Perfectionism, Procrastination, Self-Compassion, Self-Esteem, Sleep, Social Anxiety, Tolerating Distress, Worry and Rumination

GP Dr Chatterjee Four Pillar's of Health Podcast

Website: <https://drchatterjee.com/blog/category/podcast/>

Focus on sleep, nutrition, relaxation and physical activity

Medication

Slam Advice line for prescribers: 0203 228 2317