

## **Appendix 14e: Sources of Help, Support and Information – for service users**

### **Culturally-adapted Family Intervention (CaFi) for African and Caribbean people diagnosed with psychosis and their families**

As participants will be drawing on their experiences, they will be in control of what and how much they wish to share. However, we appreciate that revisiting some aspects of these experiences may be emotional and potentially distressing. Some participants might also want further information about different aspects of mental health. We have therefore compiled this list of organisations in the London area that can provide help, support and information.

#### **Are you worried about your mental health or that of someone else?**

If you, someone in your family or someone you care for have/has received, or are/is currently receiving, treatment for mental health problems, contact the **Care Coordinator** as soon as possible.

If you or the person you are worried about has not received treatment for mental health problems, contact a GP as first port of call.

You may also call the **free** NHS advice line (111), which is available 24 hours every day.

**If you believe that you or someone is at risk, call 999 immediately.**

**The research team would be happy to discuss these with you and provide help to access these services if necessary.**

**In addition to the above, you may find the following services helpful:**

**South London & Maudsley NHS Foundation Trust Out-of-Hours Crisis Line: 0800 731 2864**

**Mind (different locations):** <https://www.mind.org.uk/information-support/local-minds/>

**Address:** e.g. Lambeth: 4th Floor, 336 Brixton Road, London SW9 7AA

**Phone:** e.g. Lambeth: 0207 501 9203; General: 0300 123 3393

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**Greenwich African and African Caribbean Counselling:**

<https://www.blgmind.org.uk/greenwich/counselling/african-caribbean/>

Access only via calling the Mindline number: 020 8853 1735

**Samaritans (different locations):**

<https://www.samaritans.org/branches?circle%5Blocation%5D=london>

**Address:** e.g. Greenwich: 1-5 Angus Street, London, SE14 6LU

**Phone:** 020 86925228

**OASIS South London and Maudsley NHS Foundation Trust:**

<https://www.slam.nhs.uk/about-us/clinical-academic-groups/psychosis/oasis>

**Address:** For OASIS Southwark, Lambeth & Lewisham: 190 Kennington Lane, London, SE11 5DL;

For OASIS Croydon: Queens Resource Centre, 66a Queens Road, Croydon, Surrey, CR0 2PR

**Phone:** For OASIS Southwark, Lambeth & Lewisham: 0203 228 7200;

For OASIS Croydon: 020 3228 5864

**Rethink Mental Illness:** <https://www.rethink.org/services-groups/search?r=4751>

**Address:** Multiple

**Phone:** 0300 5000 927

**Sources of Help, Support and Information – for relatives, carers, advocates and Family Support Members**

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**Midaye Somali Development Network (support services for BME communities):** <http://midaye.org.uk/>

**Address:** 7 Thorpe Close, London W10 5XL

**Phone:** 020 8969 7456

**Family Health Isis:** <https://www.familyhealthisis.org/>

**Address:** 1 Aislibie Rd, Lee, SE12 8QH

**Phone:** 0208 6951955

**Rethink Mental Illness:** <https://www.rethink.org/services-groups/search?r=4751>

**Address:** Multiple

**Phone:** 0300 5000 927

**South London and Maudsley Recovery College:**

<https://www.slamrecoverycollege.co.uk/>

**Address:** 1st Floor Administration Building, Maudsley Hospital, Denmark Hill, London, SE5 8AZ

**Phone:** 020 3228 3643

**Croydon Carer Support Centre:** <http://www.carersinfo.org.uk/>

**Address:** Carers Support Centre, 24 George Street, Croydon, CR0 1PB

**Phone:** 020 8649 9339

**Carers Lewisham:** <http://www.carerslewisham.org.uk/>

**Address:** Waldram Place, Forest Hill, London, SE23 2LB

**Phone:** 020 8699 8686

**Lambeth's Carers Hub:** <http://www.carershub.org.uk/>

**Address:** 336 Brixton Road, London SW9 7AA

**Phone:** 020 7501 8970

**Southwark Carers:** <https://www.southwarkcarers.org.uk/>

**Address:** 3rd Floor, Walworth Methodist Church, 54 Camberwell Road, London, SE5 0EN

**Phone:** 020 7708 4497

**YoungMinds Parent Helpline:** <https://youngminds.org.uk/contact-us/>

**Address:** N/A

**Phone:** 0808 802 5544

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**Sane:** <http://www.sane.org.uk/>

**Address:** SANE, St. Mark's Studios, 14 Chillingworth Road, Islington, London, N7 8QJ

**Phone:** 0300 304 7000

**Carers UK:** <https://www.carersuk.org/>

**Address:** 20 Great Dover Street, London SE1 4LX

**Phone:** 020 7378 4999

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