

USEFUL HELPLINE NUMBERS

If you know anyone or are experiencing depression and suicidal thoughts, don't suffer in silence. Talk about how you are feeling and seek help!!

Please ring one of the following numbers to get help:

If you need urgent help:

Call 111 to speak to the national NHS helpline for anyone with an urgent healthcare need that isn't a 999 emergency.

0800 731 2864 (Option 1) - NHS (SLAM) Patient and Carers Crisis Support

0208 159 8355 - Lambeth and Southwark MIND

116 123 - Samaritans - anytime day or night

0333 360 3700 - Age UK Lambeth MYcommunity - Can refer you to a life coach, Friendship Volunteer or other appropriate professional who can help - **Please note that the Life Coach service is not appropriate for People who have severe mental illness and addiction challenges.**