

SPEAR

homelessness to independence

Resources to help with mental health and wellbeing



www.spearlondon.org

About Mental Health

We all have mental health, just as we all have physical health. Our mental health is how we're feeling inside, or how we are emotionally. It's a bit like internal weather.

Our mental health is at least as important as our physical health. It strongly affects our daily lives – how they feel to us, as well as our ability to do the things we need and want to, including work, study, getting on with people and looking after ourselves and others.

**Mental Health Foundation <https://www.mentalhealth.org.uk/>*

If you're going through a tough time, you're not alone. There are a lot of information and resources to help.

This guide shows you support available locally as well as tips and advice on how to manage your mental health and wellbeing.

Do remember to get in touch with your SPEAR key worker if you ever need to talk.

Talking to your GP

Your GP should be your first point of call for emotional difficulties / mental health concerns, as well as physical issues.

Your GP will be able to refer you to any other services that they think can support you with your emotional or mental health.

If you are not registered with a GP and need support to do so, please get in touch with your SPEAR key worker.

24/7 Support

Samaritans

Whatever you're going through, you can call free any time, from any phone, on **116 123**

Shout

Text 'SHOUT' to 85258

South West London and St George's Mental health NHS Trust

If you live in the boroughs or Kingston, Merton, Richmond, Sutton and Wandsworth you can call the Mental Health Crisis Line

0800 028 8000

Where to get support

Sutton Uplift

<https://www.suttonuplift.co.uk/>
0800 032 1411 / 0203 513 4044
Mon - Fri 9am-5pm

Talk Off the Record

<https://www.talkofftherecord.org/>
0800 980 7475
Support Line is open Monday to Saturday from 3-6 pm

Good Thinking

<https://www.good-thinking.uk/>
Good Thinking is an online service that supports to look after your mental health and wellbeing in a way that works for you.

Sutton Mental Health Foundation

<https://smhf.org.uk/>
020 8770 0172
The Sutton Crisis Café offers out-of-hours support to adults in Sutton whose mental health is becoming overwhelming. 6.30-11.30 pm

London Friend

<https://londonfriend.org.uk/>
London Friend also offers a lot of information, on Mental Health, Coming Out, Chemsex, Drugs, and more, which you can read up on through their website.

CALM

<https://www.thecalmzone.net/>
020 8770 0172
Helpline open 5pm-midnight, 365 days a year.

MIND

<https://www.mind.org.uk/>
0300 123 3393
9am to 6pm, Monday to Friday (except for bank holidays)

The Mix

<https://www.themix.org.uk/>
The Mix is a support service for young people. Talk to them via their online community, on social, free confidential helpline or their counselling service.

**We have written this guide to
make sure you know what
resources are available for you .**

**If you need any support or
further information, make sure
to get in touch with your
keyworker.**

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