

Where can I get help with my mental health?



GP

Your GP is part of the NHS. They can help with lots of things, like your annual health check. If you're worried about your mental health, the GP is a good place to ask for help. They can help with medication and make a referral to therapy.



The Samaritans

The Samaritans are a charity. They are a helpline you can call if you want to talk about how you're feeling, or if you're having difficult thoughts.

116 123

jo@samaritans.org

Always open.



111

If you need urgent advice about your health, call 111. They are open day and night. They are part of the NHS. They are always open.



A&E or 999

If there is an emergency, call 999 or go to A&E. They are always open.



Adults With Learning Disabilities Service (AWLD)

For help to do more things that you want to do, this team might be able to help. They are part of Lewisham council adult social care.

020 8314 7777

Monday-Friday 9am-5pm.



IAPT Lewisham

This team help adults with mental health problems like anxiety or depression. They are part of the NHS. They are a mainstream service. They can be helpful for some people with learning disability. They do talking therapy.

Call 020 3228 1350

Open Monday-Friday 9am-5pm.

Lewisham Mental Health in Learning Disabilities Team (MHLDT)

This team only help adults with learning disabilities. They help with mental health problems. They are part of the NHS. They can help with talking therapy and medication.

Call 020 3228 9600

Open Monday-Friday 9am-5pm.