

London and national contacts:

Services for people who need help and those who are worried about them.

- **Alcoholics Anonymous**
call: 0800 9177 650 (24 hours)
www.alcoholics-anonymous.org.uk
- **CALM (Campaign Against Living Miserably)** For men of all ages.
call: 0800 802 58 58 (5pm to midnight)
www.thecalmzone.net
- **Dementia**
Alzheimer's Society
call: 0300 222 11 22 (various times)
www.alzheimers.org.uk
- **Domestic Violence Helpline**
freephone: 0808 2000 247 (24 hours a day)
email: helpline@refuge.org.uk
www.refuge.org.uk
- **FRANK (Drugs and alcohol advice)**
call: 0300 123 6600 (24 hours a day)
www.talktofrank.com
- **HOPElineUK.** For those aged up to 35.
call: 0800 068 41 41 text: 07786 209697
email: pat@papyrus-uk.org
www.papyrus-uk.org
- **LGBT+ (Lesbian, Gay, Bisexual and Transgender+)**
Switchboard
call: 0300 330 0630 (10am to 10pm)
www.switchboard.lgbt
chris@switchboard.lgbt

London and national contacts (continued):

- **National Association for People Abused in Childhood (NAPAC)**
call: 0808 801 0331 (various times)
www.napac.org.uk
- **Rape Crisis**
(Support for women and girls)
call: 0808 802 9999 (various times)
www.rapecrisis.org.uk
- **SANEline**
call: 0300 304 7000 (6pm to 11pm)
- **Silverline** - support for older people
call: 0800 4 70 80 90 (24 hours)
www.thesilverline.org.uk
- **Victim Support**
call: 08 08 16 89 111 (various times)
www.victimsupport.org.uk

Call costs: numbers beginning 0800 and 0808 are free to call from landlines and mobiles. 0300 numbers are local rate.

Ask us if you need this information translated, or in a different format, or visit www.slam.nhs.uk/crisis

Getting help
in a mental health
crisis (Lambeth)

Information for local adult
residents, our patients and
those close to them.

www.slam.nhs.uk/crisis

