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## Distress & Crisis Management

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### Routes to NHS Care

Contact your **GP** and book an appointment – if necessary, they should be able to provide one on an emergency basis.

- You can visit [www.nhs.uk/service-search/find-a-gp](http://www.nhs.uk/service-search/find-a-gp) if you need to register as a patient with a GP surgery.
- If you want to register with an NHS GP surgery that you can access via smart phone, you can find more details here: [www.gpathand.nhs.uk](http://www.gpathand.nhs.uk).

**Seldoc** – 020 8693 9066 – [www.seldoc.co.uk](http://www.seldoc.co.uk) provides out of hours cover for patients registered with South London GP surgeries.

**NHS 111** – Dial 111 – [www.111.nhs.uk](http://www.111.nhs.uk) – offers support and advice in times of stress and emotional crisis. If you're unsure of your level of risk, this service can organise an assessment of your needs and home visits.

If the situation is more urgent or you are at risk, **Accident & Emergency Departments** have staff dedicated to responding to those in emotional crisis.

- St Thomas' – Westminster Bridge Road
- King's College Hospital – Denmark Hill
- University Hospital – Lewisham
- St George's Hospital – Tooting
- Croydon University Hospital – Thornton Heath

Dial **999** in case of imminent risk or emergency.

### Telephone Support

**Samaritans** – 116 123 – [www.samaritans.org](http://www.samaritans.org) – offer support on any emotional issue 24/7.

**Saneline**: 0300 304 7000 – [www.sane.org.uk](http://www.sane.org.uk) – offers specialist emotional support, guidance and information to anyone affected by mental illness.

**South London & Maudsley Crisis Line** – 0800 731 2864 – crisis line for people in Croydon, Lambeth, Lewisham and Southwark.

**You may be accessing counselling sessions through an employee assistance program. If so, you can contact them for support by calling the number you used to access our sessions.**