

MERTON DIRECTORY of MENTAL HEALTH SERVICES

Produced in Partnership with:



*Oasis
Fanon
Imagine
Merton MIND
Merton DAAT
Carers Support Merton
St Marks Family Centre*

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EMERGENCIES

APPROVED SOCIAL WORKER – EMERGENCIES


Available 9am – 5pm  020 8254 1030
Night Duty after 5pm  020 8770 5000

CALM (for young men)
Sat-Tues 5pm-Midnight

 0800 585858
Website: www.thecalmzone.net

CRISIS LINE

(South West London & St. Georges Mental Health NHS Trust)

Monday – Friday 5am – 11pm  0800 028 8000
Saturday & Sunday 10am – 11pm

Crisis line operates all night

PAPYRUS (HOPELineUK)
Prevention of young suicide


 01706 214 449
Website: www.papyrus-uk.org

SAMARITANS

Available 24 hours - 7 days per week  08457 909090


SANELINE

Help is available between the hours of
12 noon and 2 am every day

 08457 67800

VICTIM SUPPORT MERTON

The Vestry Hall,
London Road,
Mitcham, CR4 3UD.


 020 8685 1637
Fax: 020 8646 6405

Continued

Trained volunteers offer emotional and practical support to people who have suffered a crime, in confidence and free of charge. Volunteers carry identity cards. Appointments are necessary. Hours 10.00am to 4.00pm.

WALK-IN CENTRE (ST. GEORGE'S HOSPITAL)

Clare House,
St. George's Hospital,
Blackshaw Road,
Tooting,
London. SW17 0QT.

 020 8700 0505
Fax: 020 8700 0525

Open 7am – 11pm - 7 days a week

The Tooting NHS Walk-In Centre provides a Nurse Consultant lead service. Advice and assessment is available to people with mental health problems and links are provided to primary care and specialist mental health services.

ST. HELIER HOSPITAL – Offers the same service as St. Georges (above).

ACUTE INPATIENT UNIT / WARD

JUPITER WARD

Springfield Hospital,
61 Glenburnie Road,
Tooting,
London, SW17 7DJ.



020 8682 6475

Fax: 020 8682 6640

E-Mail: robson.tanhara@swlstg-tr.nhs.uk

The ward offers a MDT assessment, treatment and rehabilitation service. The ward comprises of 23 beds of which 17 are allocated to Merton residents.

SEACOLE WARD

Ward Manager – Alpha Sankoh

Springfield Hospital,
61 Glenburnie Road,
Tooting,
London, SW17 7DJ.



020 8682 6289

Fax: 020 8682 6844

E-Mail: alpha.sankoh@swlstg-tr.nhs.uk

The ward offers a multidisciplinary assessment treatment and rehabilitation service. The ward comprises 23 beds of which 18 beds are allocated to Merton residents.

OLDER ADULT ACUTE ASSESSMENT

CROCUS WARD

Springfield Hospital,
ABCD Building,
61 Glenburnie Road,
London,
SW17 7DJ.



020 862 6328


E-Mail: Sheila.lutchmiah@swlstg-tr.nhs.uk

Older people who have mental health needs are cared for by specialist multi-disciplinary teams in three main settings: an inpatient ward (Poplar) which provides assessment, treatment and extended care facilities in relaxed and homely environments

ADVICE AND INFORMATION

ADVOCACY PARTNERS

McMillan House
54 Cheam Common Rd
Worcester Park
Surrey
KT4 8RH


 020 8330 6644
Fax: 020 8330 6644

E-Mail: info@advocacypartners.org

Advocacy Partners promotes the Rights, Voices and Choices of people with learning disabilities, older people, and people with physical disabilities or mental health needs. It provides independent advocacy to enable people to have control over their lives, make decisions, be treated fairly and participate fully in community life.

CALM (for young men)

Helpline: Sat-Tues 5pm-Midnight

 0800 58 58 58

Website: www.thecalmzone.net

The Campaign Against Living Miserably is targeted at young men aged between 15-35. The campaign offers help, information and advice via a phone and web service. Anyone, regardless of age, gender or geographic location can call the line. Translation facilities are available on request and the minicom number is 0800 027 29 82.

CALM's helpline is free if you call on a landline - it doesn't show up on landline phone bills. It's also confidential and anonymous. Your call will be answered by trained advisors, who can help you work through your problems and start to sort things out. They can give you information about places to go locally to get more help. Alternatively, if you live outside the CALMzones, they can give you details of nationally available services instead.

CARE CONNECT

Merton Civic Centre,
London Road
Morden
Surrey. SM4 5DX

 020 8545 4710
Fax: 020 8274 4932
E-mail: info@care-connect.info

Provides free, confidential, impartial local information on social, health, community and voluntary services and how to access these services.

MANIC DEPRESSIVE FELLOWSHIP THE BIPOLAR ORGANISATION

 020 7793 2600 or  08456 340 540 Website: www.mdf.org.uk

RETHINK LOCAL ADVICE SERVICE


Head Office,
5 Floor,
Royal London House,
20-22 Finsbury Square,
London,
EC2A 1DS

 0845 456 0455
Fax: 020 7330 9102
E-Mail: info@rethink.org
Web Site: www.rethink.org

Young People's Web Site (16-25 yrs): www.at-ease.rethink.org

Local Branch – Carers & Users Support Group Merton & Sutton


Contact: Laura Johnson or John Sasportas – coordinators.

 8542 3657 or 8542 8947 or 8542 1171

E-mail: laurajohnsonrethink@hotmail.com
Or john@sasportas.freeserve.co.uk


Rethink is a registered charity which provides support to and campaigns on behalf of, people with a severe mental illness, particularly schizophrenia, their families and carers. Rethink has over 170 self-help carer and user support groups. Every week Rethink helps over 7,500 people throughout its 300 community care projects.

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HELPLINE: Monday, Wednesday & Friday 10am – 3pm
Tuesday & Thursday 10am – 1pm
 **020 8974 6814**

SPRINGFIELD ADVICE & LAW CENTRE

Admission Block,
Springfield Hospital,
61 Glenburnie Road,
Tooting,
London, SW17 7DJ

 020 8767 6884
Fax: 020 8767 6996

Provides free, independent legal advice for users of the South West London and St. George's Mental Health Trust and their carers. Open for drop in advice Monday, Tuesday, Thursday and Friday 10am -12 noon and 2-4pm.

ASSERTIVE OUTREACH TEAM

MERTON & SUTTON ASSERTIVE OUTREACH AND REHABILITATION TEAM (MERTON TEAM)

Jasmine Tower
Springfield Hospital,
61 Glenburnie Road,
Tooting,
London,
SW17 7DJ

 020 8682 6159

E-Mail: Pam.Butters@swlstg-tr.nhs.uk

The Merton and Sutton AOR team is a specialist tertiary service providing ongoing treatment and support to adults (aged 18-75) with long-term mental health problems, often presenting with multiple complex needs which limit their ability to live independently in the community. The team provides intensive assertive outreach to maintain regular/frequent contact with service users and their families/carers as well as other statutory and voluntary bodies. It aims to enhance the strengths and resilience of service users and their families by working in

partnership with them. This involves supporting them to make the most of their lives and encouraging them in decision making, care planning and service development.

The service is for people with severe enduring mental health problems requiring a higher level of support than standard community mental health teams can provide.

BEFRIENDING & VOLUNTEERING SCHEMES - ADULT

ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

APCMH Merton

c/o Mr David Roe (Chairman)

105 Poplar Road South,

London.

SW19 3JZ



020 8542 9637

The Merton Branch of the Association of Pastoral Care in Mental Health (APCMH Merton) is an entirely voluntary organization that recruits, trains and supports volunteers who befriend adults with mental health problems living in the community.

VOLUNTEER CENTRE MERTON / MERTON MIND JOINT PROJECT

Vestry Hall,

London Road,

Mitcham,

Surrey.

CR4 3UD.



020 8640 7355

CARE HOME (with Nursing)

CUMBERLAND CARE HOME (For Elderly)


67 Whitford Gardens,
Mitcham,
Surrey.
CR4 4AA

 020 8646 1551

CARERS - ADULT

CARERS SUPPORT MERTON

The Vestry Hall
London Road
Mitcham
CR4 3UD

 020 864 7515
Fax: 020 8646 7912

E-Mail: info@carerssupportmerton.org.uk
Web Site: <http://www.carerssupportmerton.org.uk>

Carers Support Worker:

E-Mail: mwhittle@carerssupportmerton.org.uk

Advice, information, advocacy and emotional support are provided to carers of people with mental health problems in Merton. This includes advice about Carers Act Assessments and benefits, with signposting where relevant. Support Groups are held for carers as well as training in conjunction with the mental health trust. One-to-one support is also available.

YOUNG CARERS PROJECT

Young carers' co-ordinator: Hazel Daniel
E-Mail: info@carerssupportmerton.org.uk

Supports children and young people who are helping to look after a relative who has a disability, a mental health problem or misuses drugs or alcohol. Offers one-to-one support, work with families and social clubs and activities.

MERTON MIND – DEMENTIA SERVICE (CUMBERLAND DAY CENTRE)

Cumberland Day Centre,
Whitford Gardens,
Mitcham,
Surrey.
CR4 4AA.


 020 8646 8264
Fax: 020 8646 5400
E-Mail: cd.centre@virgin.net

A day centre for people with dementia and provides home respite care, groups and counseling for carers only.

COMMUNITY MENTAL HEALTH TEAMS (CMHTs)

MITCHAM COMMUNITY MENTAL HEALTH TEAM

Wilson Hospital
Cranmer Road,
Mitcham,
Surrey.
CR4 4TP.


 020 8687 4766
Fax: 020 8687 6960

E-Mail: gopal.neeliah@swlstg-tr.nhs.uk

Mitcham CMHT provides a comprehensive mental health service to all patients between the ages of 18-75 in the East Mitcham catchment area. Referrals are by catchment area via local general practitioners (GPs) and allied professionals. It is also possible to telephone the above number and request the duty service for those not registered with a GP.

MERTON MENTAL HEALTH LEARNING DISABILITY TEAM

Orchard Hill,
Fountain Drive,
Carshalton,
Surrey.
SM5 4NN

 020 8770 8057
Fax: 020 8770 8092


E-Mail: sonya.clinch@swlstg-tr.nhs.uk
Web Site: <http://www.swlstg-tr.nhs.uk>

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A community team providing a specialist service for assessment, diagnosis and treatment of adults who have learning disabilities and complex mental health problems and/or severely challenging behaviour. The team also helps people with learning disabilities access generic mental health services through agreed protocols, multi-disciplinary consultation and liaison.

MORDEN COMMUNITY MENTAL HEALTH TEAM

Morden CMHT,
Memorial Wing,
Nelson Hospital,
Kingston Road,
Raynes Park,
London,
SW20 8DB


 020 8254 1000
Fax: 020 8254 1025

E-Mail: tom.white@swlstg-tr.nhs.uk
Web Site: <http://www.swlstg-tr.nhs.uk>

Morden CMHT provides a comprehensive mental health service to all patients between the ages of 18-75 in the Morden area. Referrals are by catchment area via local general practitioners (GPs)

WIMBLEDON COMMUNITY MENTAL HEALTH TEAM

Nelson Hospital,
U Corridor,
Kingston Road,

 020 8544 9799
Fax: 020 8544 9033

Raynes Park,
London,
SW20 8DB

E-Mail: nick.chamberlain@swlstg-tr.nhs.uk

INTEGRATED COMMUNITY MENTAL HEALTH TEAM

MERTON OLDER PEOPLE CMHT

Springfield Hospital,
Main Building,
61 Glenburnie Road,
London,
SW17 7DJ.



020 8682 6328

E-Mail: dick.dickinson@swlstg-tr.nhs.uk

Community Mental Health Teams provide a responsive and needs led service that supports Older People to remain living in the community for as long as possible.

MERTON AND SUTTON EARLY INTERVENTION SERVICE

Wilson Hospital
Cranmer Road,
Mitcham,
Surrey.
CR4 4TP.



020 8254 8358

Fax: 020 8687 6960

CRISIS RESOLUTION HOME TREATMENT TEAM

MERTON CRISIS RESPONSE AND HOME TREATMENT TEAM

Nelson Hospital,
Memorial Wing,
Kingston Road,
Raynes Park,
London, SW20 8DB



0800 028 8000

E-Mail: karen.hutchinson@swlstg-tr.nhs.uk

DAY HOSPITALS/TREATMENT SERVICES

JUBILEE DAY HOSPITAL

Springfield Hospital,
Jubilee Building,
61 Glenburnie Road,
London,
SW17 7DJ.



020 8682 6327

E-Mail: sew.chiang@swlstg-tr.nhs.uk

DAY CENTRES/RESOURCE CENTRES/DROP IN

FANON RESOURCE CENTRE MERTON

Suite 1,
Justin Plaza 3,
341 London Road,
Mitcham,
Surrey. CR4 4BE.




020 8255 4033

E-Mail: info@southsidepartnership.org.uk
Web site: www.southsidepartnership.org.uk

Fanon Resource Centre Merton is developing a new range of services for people with mental health support needs from black minority ethnic communities. The services provide 1:1 support and group based activities aimed at supporting people to recover control over their lives, develop independent living skills and where relevant to undertake training, education and vocational opportunities to build their readiness for work. FRCM aims to support people to link with a wide range of community resources such as other day services, health and leisure facilities, educational and job centers and to develop good personal support networks. Referral needed.

IMAGINE DAY SERVICES

Mainstream in Merton,
The Grange
London Road
Morden
SM5

 020 8544 1754
Fax 020 8544 975

E-mail: kdudley@imaginementalhealth.org.uk

Web site: imaginementalhealth.org.uk

Imagine offers the Mainstream Bridge Building service in Merton to people on a CPA. There are 5 Life Domains that people can access in order to move into community opportunities and activities. They are Sports & Leisure; Arts & Culture; Employment, Education & Training; Volunteering and Faith & Cultural Communities. The service is open-ended and Bridge Builders (experts in certain community areas or Life Domains) work with clients on a one-to-one basis to support access to opportunities. More than one Life Domain can be accessed at the same time, depending on preference. The bridge builder helps the service user to plan for and pursue their goals. Guidance and support is tailor made for the client and regularly reviewed. In addition, Imagine runs drop-in services (Mon, Tues, Fri, Sat and Sun) and a Women's group (Mondays, 10.30am to 2.30pm). These services are provided within a peer-support framework and are coordinated by volunteer coordinators. A befriending service provides trained befrienders to support Mainstream services to people who are socially isolated or need some time-limited support. Referral needed.

MERTON AND SUTTON RETHINK CARERS AND USERS SUPPORT GROUP

Hillside,
Evangelical Church,
37 Worple Road,
SW19 4JZ



Laura Johnson 020 8542 3657



John Sasportas 020 8947 1171

E-Mail: laurajohnsonrethink@hotmail.com
or john@sasportas.freederve.co.uk

Group meet on the last Monday of every month at 7.30pm. The aim of the group is to provide information about serious mental illness, mutual support and to campaign for better mental health services. We arrange 6 speakers per year for example, psychiatrists, pharmacists, CPN, and Employment Advisers. Annual Christmas party and summer barbecue. Free monthly newsletter. No referral necessary. Registered and insured by Rethink.

RETHINK WIMBLEDON WEDNESDAY CLUB

The Wimbledon Guild,
30-32 Worple Road
Wimbledon,
SW19 4EF.



Laura Johnson 020 8542 3657



John Sasportas 020 8947 1171


E-mail: laurajohnsonrethink@hotmail.com
Or john@sasportas.freederve.co.uk

Meet every Wednesday 5 – 8pm, open to all past and present users under a Community Mental Health Team. The group is for mutual support and friendship. No referral necessary. Quizzes, board games and artistic activities, many led by users. Creative Writing group between 5-6pm. Reiki available by trained user. Good food at cost price, served throughout the evening. Outings and trips arranged by users. A trained member of staff is always available for users who may need extra support. The group is registered and insured by Rethink.

For more information contact Jim Mitchell – 07896 989 218

ST. MARK'S FAMILY CENTRE,

28 St. Mark's Road,
Mitcham,
Surrey.
CR4 2LF.

 020 8640 9595
Fax: 020 8687 5173

E-mail: info@stmarkscentre.co.uk


A Thursday drop-in providing support, advocacy, peer support, friendship, recreation, social networks, activities, trips and access to training and volunteering.

With access to the Chit-Chat magazine group (Wednesday) the drop-in is also supports engagement through its outreach project.

EARLY INTERVENTION IN PSYCHOSIS SERVICES

MERTON, SUTTON EARLY INTERVENTION TEAM

Fir Tower,
61 Glenburnie Road,
London,
SW17 7DJ.

 020 8682 6571
Fax 020 8682 6012

E-Mail: neil.hickman@swlstg-tr.nhs.uk

The purpose of the early intervention service is to identify the onset of psychosis, in those aged between 17 and 35 years of age. Intervening early in the course of the disease can prevent initial problems and improve long-term outcomes.

HOUSING

LONDON BOROUGH OF MERTON - HOUSING SUPPORT TEAM

Civic Centre,
Morden,
Surrey.
SM4 5DX.

 020 8545 3841

 020 8545 4881

Fax: 0208 545 3521

E-Mail: supportingpeople@merton.gov.uk

Or bernadette.nicholas@merton.gov.uk

Web Site: <http://www.merton.gov.uk>

Adult placements.

A range of accommodation and floating support services for clients with mental health problems.

SUPPORTED HOUSING

LAYTON HOUSE

152-154 Worple Road,
Wimbledon,
London,
SW20 8QA

 020 8947 9575

Ability Housing Association are funded through Supporting People to provide high level supported accommodation and move on accommodation with floating support.

WALDEMAR

6 & 7 Waldemar Road,
Wimbledon,
London,
SW19 7LG.



020 8944 1848

Although most people are able to progress with the help of the community mental health team and short term hospital care, there are users who benefit from more intensive continuing specialist support. A wide range of support and treatment is provided to help users make the most of their lives. Waldemar is a community based supported accommodation provided in conjunction with local housing associations.

PERSONALITY DISORDER SERVICE

HENDERSON HOSPITAL (MERTON)

2 Homeland Drive,
Sutton,
Surrey.
SM2 5LT.



020 8661 1611

Fax 020 8770 3676

E-Mail: steve.mccluskey@swlstg-tr.nhs.uk

Web Site: www.swlstg-tr.nhs.uk

One year residential treatment based therapeutic community for people with severe personality disorders with preparation and follow up. Training and consultation provided across the regions.

PERSONALITY AND ADJUSTMENT DISORDERS SERVICES (MERTON)

Clare House,
St. George's Hospital,
Blackshaw Road,
Tooting,
London, SW17 0QT.



020 8725 3860

E-Mail: king.quarcoo@swlstg-tr.nhs.uk

Web Site: www.swlstg-tr.nhs.uk

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The service provides care programmes for the following groups of moderately disturbed patients with personality disorder. Mothers and/or fathers experiencing difficulties parenting their children; adolescents and young adults suffering from adjustment problems or identity disorders or other conditions; individuals incapacitated by chronic personality disorder; persons of ethnic minority backgrounds who have experienced feelings of neglect or abuse.

PSYCHOLOGY THERAPIES & COUNSELING SERVICES

PSYCHOTHERAPY SERVICES FOR PEOPLE WITH LEARNING DISABILITIES (MERTON)

Joan Bicknell Centre,
Burntwood Lane,
Springfield University Hospital,
Tooting,
London, SW17 7DJ.



020 8700 0474

E-Mail: david.cotson@swlstg-tr.nhs.uk

Web Site: www.swlstg-tr.nhs.uk

A specialist psychotherapy service for adults with learning disabilities who cannot use generic psychotherapy services.

PSYCHOLOGICAL THERAPIES IN PRIMARY CARE

Nelson Hospital,
Falkland Wing,
Kingston Road,
Raynes Park,
London, SW20 8DB



020 8252 0546

Fax: 020 8296 0255


E-Mail: kathy.lowe@swlst-tr.nhs.uk

Web Site: www.swlstg-tr.nhs.uk

The purpose of this service is to help the PCT address standards 2 & 3 of the NSF for MH through the provision of good quality, effective mental health services for patients who do not require highly specialist mental health care. The service offers: advice, guidance, counselling and psychological therapy.

ADULT PSYCHOTHERAPY SERVICES

Harewood House,
61 Glenburnie Road,
Tooting,
London,
SW17 7DJ.

 020 8682 6681/6454
Fax: 020 8682 6476

Service offers a psychodynamic psychotherapy to adult patients over the age of 18 years, residing in the boroughs of Merton and Wandsworth and is offered on an out patient basis only. There is no emergency service.

WIMBLEDON GUILD

30/32 Worple Road,
Wimbledon,
London,
SW19 4EF


 020 8296 0030
Fax: 020 8296 0042
E-Mail: admin@wimbledonguild.co.uk
Web Site: www.wimbledonguild.co.uk

Counselling is provided for people to share their problems and difficulties and examine them in a safe environment. A counsellor will be supportive but give little or no direct advice. An appointment can be made by either coming along to the Guild in person or by telephoning the number above.

REHABILITATION / CONTINUING CARE

NORFOLK LODGE


24-26 Norfolk Road,
Colliers Wood,
London,
SW19 2HE.

 020 8544 1526
Fax: 020 8540 9474
E-Mail: sam.lartey@swlstg-tr.nhs.uk
Web Site: www.swlstg-tr.nhs.uk

RESIDENTIAL REHABILITATION UNITS

MAYFIELD HOUSE (MERTON)

Orchard Hill,
Fountain Drive
Carshalton,
Surrey. SM5 4NR.

 020 8770 8281

Fax 020 8770 8410

E-Mail jane.watts@swlstg-tr.nhs.uk

Web site: <http://www.swlstg-tr.nhs.uk>

Mayfield House is a rehabilitation/step down unit. The service is aimed at people whose nature and degree of mental health needs is such that they are not yet safe enough to live in the community. The purpose of admission would be to enable them to develop skills necessary to live in the community and also for staff to develop skills necessary to care for them. The ethos of this service will be to provide structure and predictability informed by intensive assessments leading to communicable support management plans.

STAFFED GROUP HOME

BRADSHAW

17 Bradshaw Close,
Queens Road,
Wimbledon,
London, SW19 8NB

 020 8944 1848

E-Mail: ola.salako@swlstg-tr.nhs.uk

Web site: <http://www.swlstg-tr.nhs.uk>

Although most people are able to progress with the help of the Community Mental Health Teams and short term hospital care, there are users who benefit from more intensive continuing specialist support. A wide range of support and treatment is provided to help users make the most of their lives. Bradshaw is a community based supported accommodation provided in conjunction with local Housing Associations

SUPPORT SERVICES & Other service types

MERTON ASYLUM WELCOME

The Queens Road Church
30 Queens Road
Wimbledon
London SW19 8LR



020 8646 6564



Mobile: 07956 990 671

E-Mail: asylumwelcome.slra@yahoo.co.uk

Web Site: www.slra.org.uk

Merton Asylum Welcome is a drop-in centre managed by the South London Refugee Association. It is open on Wednesdays from 12:30-3:30. The centre is for refugees and asylum seekers who are living, working, or studying in Merton. Visitors can get lunch, donated second-hand clothing, see a health visitor, and get education advice each week. We also provide advice and information on housing, employment and training, and can refer people to specialist immigration advisors. Representatives from Christian Care and Merton Refugee Support are also available. We also provide an arts programme and welcoming atmosphere. People are welcome to come even if they do not need specific help.

This booklet was produced by service users at St Mark's Family Centre Mental Health Project.

If you want any more information about voluntary sector services in Merton go to:

www.mvsc.co.uk

For any information about services provided by the PCT go to:

www.suttonandmerton.nhs.uk

For an alphabetical list of services run by St. Georges Mental Health Trust go to :

www.swlstg-tr.nhs.uk/services/atoz.asp

The booklet will also be available on the following websites: