

Personalised mental health support in your community

If you are struggling with anxiety, depression, psychosis or other severe mental health problems, **Sutton Uplift Mental Health and Wellbeing Service** can offer personalised mental health support for people who live or have a GP in Sutton.

Our mental health support includes:

- Specialist NHS interventions · Talking therapies · Peer support
- Recovery and wellbeing courses · Housing, social welfare and financial advice
- Employment support · Physical health checks and support with medicines



Support for Carers, Friends & Family

If you have a carer, family member or friend supporting you, they too can access free, personalised support from Sutton Carers Centre or other specialists.

How do I access the service?

You can refer yourself online or by telephone, or be referred by your GP, carer, family member or other professional.

Telephone: **0800 032 1411 / 0203 513 4044**

Online: www.suttonuplift.co.uk/referral

The Sutton Uplift team will review your referral and get in touch as soon as possible to help you get the right care and support.

Support in a crisis

24/7 Mental Health Crisis Line - 0800 028 8000

Open to everyone

Sutton Crisis Café - 0800 012 9082

63 Downs Road, Belmont, Sutton, Surrey SM2 5NR

Open for people in mild to moderate mental health crisis

7 days a week, **6.30pm-11pm** (last admission 10.30pm)

www.smhf.org.uk

crisiscafe@smhf.org.uk

Our partners

