

Useful Voluntary Organizations

Southwark Family Information Service
0800 013 0639

SOLACE Women's Aid
0808 802 5565

Contact a Family Families with disabled children
0808 808 3555
0207 358 7799

GingerBread Advice for lone parents
0808 802 0925

Homestart Southwark Offers support, friendship and practical help
0207 7377720

Samaritans
08457 90 90 90

Southwark Well-Being hub
0203 751 9684

How to Contact the Team

The Team is based at:
The Chaucer Resource Centre
13 Ann Moss Way
(off Lower Road)
Rotherhithe
London
SE16 2TH

0203 228 9800

Please note we are a community team and aim to respond to phone messages within 1 working day

Service Manager:
Lucy Brazener

Parental_Mental_Health_Team_Southwark@slam.nhs.uk

What to do in a Crisis

Call GP or out of hours SELDOC 02086939066

Call NHS Direct 24 hour advice 111

Call the SLAM hotline on 08007312864

Attend your local A&E - there are mental health specialist services available to help you.

South London and Maudsley **NHS**
NHS Foundation Trust

South London and Maudsley **NHS**
NHS Foundation Trust

Parental Mental Health Team



Southwark
Council

The Service

We are an early intervention nurse led service working with parents suffering from mental distress such as low mood or anxiety and have young children under the age of 5.

We recognise that having a baby or raising a young child can be a stressful time in the life of any parent.

Seeking help when feeling overwhelmed or struggling, should be a straightforward process, without fear of having failed as a parent, or the stigma of being labelled mentally ill.

We take referrals from any professional working with a parent and their young family in Southwark and are happy to undertake joint visits

What do we do?

- Use a Think Family approach to consider the needs of not just the parent but their family too.
 - Offer advice and consultation to Children's Centre Staff where there are concerns regarding a parent's mental health.
 - Provide training to Children's Centre staff on mental health awareness.
 - Provide mental health needs assessments in the home and to support parents of children aged 0-5 to address mental health issues.
 - Co-work with parents if they are already open to a Community mental health team to access their local children centre.
- Offer individual support to parents for example to help develop healthy coping strategies or relapse prevention strategies.
 - Help prepare parents for accessing therapy in secondary mental health.
 - Facilitate therapeutic groups such as the Keeping Well Post Birth and Creative Families Art Group, these are closed groups referral only and run in term time only.