

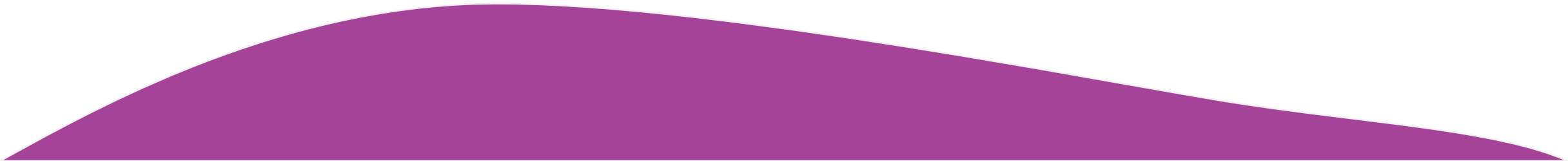


LONDON BOROUGH OF  
**MERTON**



# **MENTAL HEALTH SERVICES**

**(BEYOND START FOR LIFE PARENT-INFANT MENTAL HEALTH)**



# WHAT IS MENTAL HEALTH AND EMOTIONAL WELLBEING?

**Mental health** is a *'state of wellbeing in which the individual realises his or her own abilities, can cope with usual stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community'*.

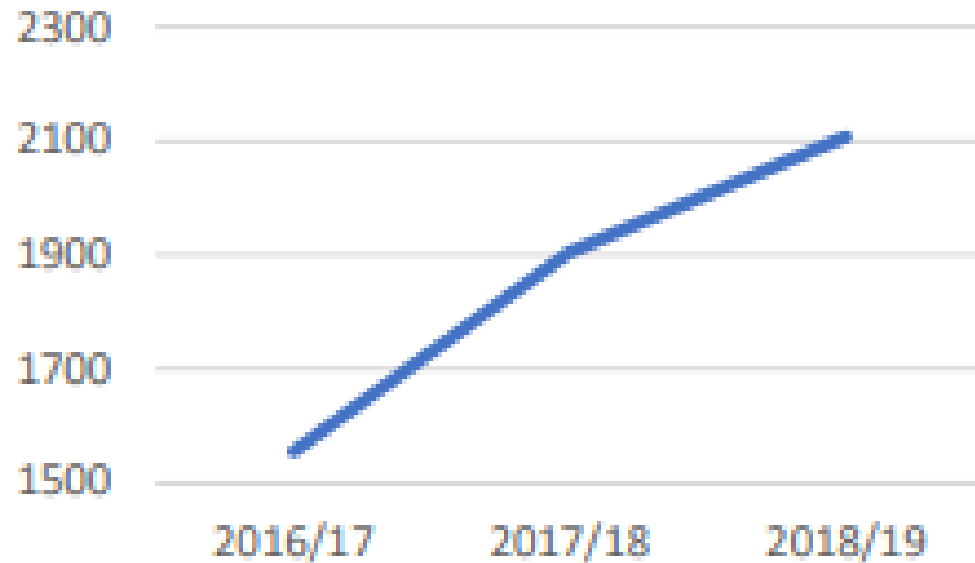
**Emotional wellbeing** is a *'positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment'*.

Merton's overall vision is for children, young people and families to enjoy good mental health and emotional wellbeing and to be able to achieve their ambitions and goals through being resilient and confident.



# STATISTICS

The CAMHS Single point of access (SPA), the front door into Merton's CAMHS service, has seen a year-on-year increase in referrals:



This is likely due to increased need and recognition of need.

The top four presenting problems at SPA are:

- ❖ Behavioural problems
- ❖ Anxiety
- ❖ Emotional wellbeing
- ❖ ADHD Assessment

# STATISTICS

9% of Merton's 5-16 year olds are estimated to have a diagnosable mental health condition.

Among these CYP:

38% have an emotional disorder

60% have conduct disorders

16% have neurodevelopmental disorders

17% of pupils in Merton schools have a SEN support plan or Education Health and Care Plan and may require emotional and mental health support.

2843 young people in Merton ages 16-24 have an eating disorder

# EFFECTIVE SUPPORT MODEL

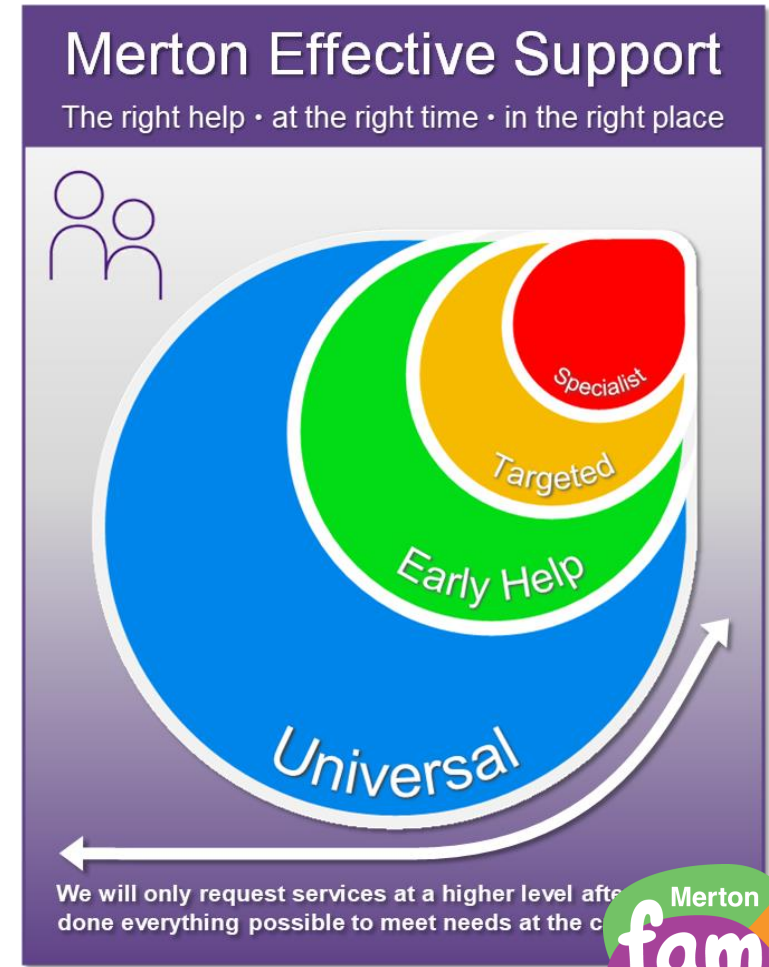
Merton's Effective support model is a tool that is used to support the assessment of need of children, young people and families.

The Model is aligned to the Thrive framework which thinks about the mental health and wellbeing needs of children, young people and families.

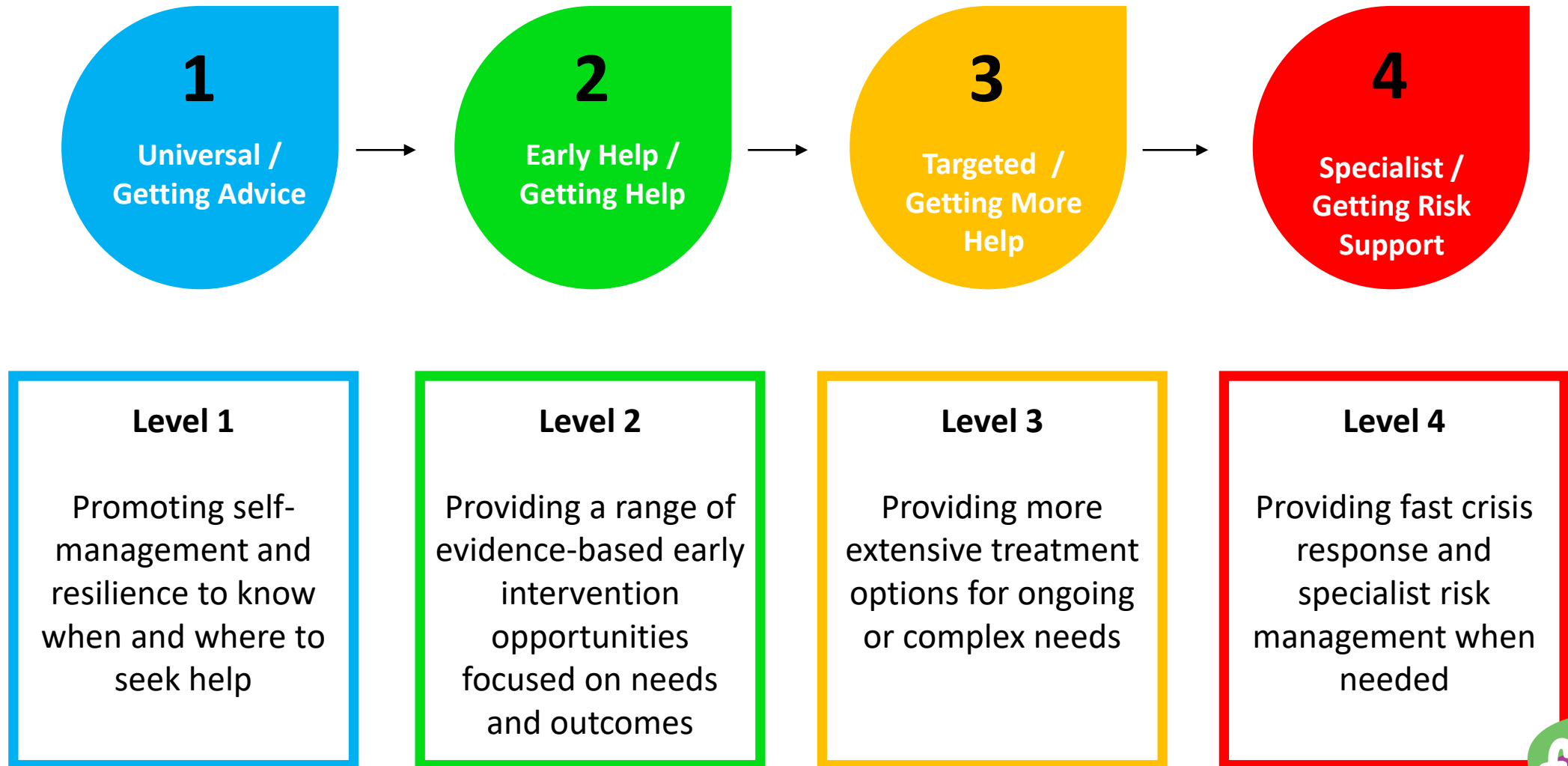


## Thrive Framework

Getting Advice  
Getting Help  
Getting More Help  
Getting Risk Support



# THRIVE FRAMEWORK



# UNIVERSAL / GETTING ADVICE

Universal /  
Getting  
Advice



Single Point of  
Access (SPA)

The Single Point of Access (SPA) is an integrated multi-agency team, who work closely with a wide range of teams and partner agencies and facilitates different levels of support depending on the needs of the child, young person and their family. The support includes: Providing professional advice with consultation and support, Making referrals to partner agencies, Access to Early Help Services, Providing low level interventions and Acute and Specialist support. Any professional can make a referral to SPA or get advice. 020 3513 5000 / [mertonspareferrals@swlstg.nhs.uk](mailto:mertonspareferrals@swlstg.nhs.uk) Self-referral available for 16 and 17-year-olds.



Merton Local  
Offer

Merton's Local offer provides information about services and wellbeing support for children and young people with special educational needs and disabilities. [localoffer@merton.gov.uk](mailto:localoffer@merton.gov.uk)



Merton  
IASS

MIASS

Merton Special Educational Needs Information, Advice and Support Service (MIASS) provides free, confidential and impartial information, advice and support to children and young people (aged 0-25) with special educational needs or disabilities (SEND) and their parents / carers. 020 8543 8854 / [miass@merton.gov.uk](mailto:miass@merton.gov.uk)



# UNIVERSAL / GETTING ADVICE



[Getting It On](#)

Getting it on provides information and services for 13-19-year-olds on sexual and mental health issues, drugs, alcohol and relationship problems. Young people will have easy access to information and support services if required.



[Childline](#)

Childline is a free, private and confidential service where under 19's can talk about anything. Whether it's big or small, trained counsellors will support. Childline is available 24/7 and can be accessed by phone or online. 0800 1111



[The Mix](#)

The Mix provides under 25's free and confidential support on a range of topics including, mental health, homelessness, relationships, substance misuse and more. 0808 808 4994 (11am - 11pm every day) / text THEMIX to 85258



[Beat](#)

Beat provides support to help young people who may be struggling with an eating problem or an eating disorder. They also support family and friends, equipping them with essential skills and advice. The helpline is open everyday from 1pm – 9pm during the week, and 5pm–9pm on weekends and bank holidays. 0808 801 0677 / [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)





# UNIVERSAL / GETTING ADVICE

Universal /  
Getting  
Advice



[stem4](http://stem4.org.uk)

Stem4 promotes positive mental health in teenagers and those who support them through the provision of mental health education, resilience strategies and early intervention. This is primarily provided digitally through pioneering mental health apps, a clinically-informed website and mental health conferences that contribute to helping young people and those around them flourish. The apps include: Calm Harm, Clear Fear, Move Mood, and Combined Minds. [enquiries@stem4.org.uk](mailto:enquiries@stem4.org.uk)



[YoungMinds](http://YoungMinds.org.uk)

YoungMinds provides young people with tools to look after their mental health. YoungMinds' website is full of advice and information and empowers parents and adults who work with young people, to be the best support they can be to the young people in their lives.

Parents Helpline 0808 802 5544 (Monday - Friday 9:30am - 4pm)



[SupportLine](http://SupportLine.org.uk)

SupportLine offers confidential emotional support to children, young adults and adults by telephone, email and post. They work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self-esteem to encourage healing, recovery and moving forward with life. 01708765200 (Tuesdays, Wednesdays, Thursdays 6pm -8pm / [info@supportline.org.uk](mailto:info@supportline.org.uk))



# UNIVERSAL / GETTING ADVICE

Universal /  
Getting  
Advice



[Voice Collective](#)

Voice Collective supports young people under 25 who hear voices, see visions, or have other sensory experiences or beliefs. There are peer support groups, online forums as well as one-to-one email or telephone support. Parents/carers can also seek support through the parent peer support groups. 020 7911 0822 / [info@voicecollective.co.uk](mailto:info@voicecollective.co.uk)



[Mermaids](#)

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. Mermaids offers online communities, local community groups, helpline services, web resources, events and residential weekends. 0808 801 0400 (Monday – Friday 9am-9pm) / [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk)



[Switchboard](#)

Switchboard provides a one-stop listening service for LGBT+ people on the phone, email and through instant message. 0800 0119 100 (10am-10pm everyday) / [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)



[Clic](#)

Clic is a free online community to support everyone with their mental health. Clic provides mental health information, tools, tips and resources as well as access to online chat rooms, live Q&A's and discussion forums.



# UNIVERSAL / GETTING ADVICE

Universal /  
Getting  
Advice



[Papyrus](#)

Papyrus provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call: 0800 068 41 41 / Text: 07860039967 / pat@papyrus-uk.org (9am to midnight – everyday)



[Shout](#)

Shout offers free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text "SHOUT" to 85258

**SAMARITANS**

[Samaritans](#)

Samaritans provide a free, confidential, 24/7 helpline for anyone who wants to talk about any issues or concerns. 116123 / jo@samaritans.org



[Rape Crisis](#)

The 24/7 Rape and Sexual Abuse Support Line supports anyone over the age of 16 who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence – at any point in their life. 0808 500 2222



# UNIVERSAL / GETTING ADVICE

Universal /  
Getting  
Advice



Mind

Mind provides 2 helplines: Infoline which is an information and signposting service 0300 123 3393 (9am to 6pm, Monday to Friday) / [info@mind.org.uk](mailto:info@mind.org.uk) and Legal line which offers legal information and general advice on mental health related law in England 0300 466 6463 (9am to 6pm, Monday to Friday) / [info@mind.org.uk](mailto:info@mind.org.uk)



CALM

CALM provides a free, confidential service to help people facing any challenges. 0800 58 58 58 (5pm – midnight, everyday)



**SANE**

SANE

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. 0300 304 7000 (4pm – 10pm everyday) / [support@sane.org.uk](mailto:support@sane.org.uk)



National Suicide  
Prevention

National suicide prevention offers a supportive listening service to anyone with thoughts of suicide. 0800 689 5652 / [info@spuk.org.uk](mailto:info@spuk.org.uk)



# UNIVERSAL / GETTING ADVICE

Universal /  
Getting  
Advice



[Every Mind Matters](#)

Every Mind Matters provides expert advice, practical tips and personalised actions to help residents stay on top of their mental health and emotional wellbeing.



[Good Thinking](#)

Good Thinking is an online service that helps Londoners look after their mental health and wellbeing in a way that works for them.



[Mental health crisis line](#)

The Mental Health Crisis Line offers emotional support and advice to Merton residents who are affected by urgent mental health issues, at any time of the day or night. It is open to everyone: both children and adults of all ages, and to people who haven't previously accessed mental health services. 0800 028 8000



[SLP CAMHS Crisis Line](#)

The SLP CAMHS Crisis Line provides mental health advice and guidance to children/young people, parents/carers and professionals to help the wellbeing and safety of children and young people. 020 3228 5980 (Monday to Sunday 9am to 11pm)



# EARLY HELP / GETTING HELP

Early Help /  
Getting Help



All schools in Merton have a linked Mental health support team as part of the Getting Advice and Getting Help provision. Referrals are made by the school.



Primary Mental health  
Team - CAMHS

Merton CAMHS provides primary mental health support to 2 severe learning disabilities schools in the borough of Merton: Perseid and Cricket Green. This helps the assessment and treatment of children with moderate to severe learning disabilities and mental health, emotional or behavioural difficulties.



Youth Justice System  
(YJS) CAMHS

Merton CAMHS provides a Child and Adolescent Mental Health Service to young people and their families within the Youth Justice Service (YJS), which supports the Liaison & Diversion mental health assessment service and the Pupil Referral Unit (PRU) mental health team.



0-5 Mental Health  
Team

Merton 0-5 Primary Mental Health Team provides assessment and treatment for children under 5 years experiencing emotional and/ or behavioural difficulties and where they may be presenting with trauma, attachment and bonding difficulties. Referrals can be made by any professional working with the child using the Single Point of Access referral form. [MertonSPAreferrals@swlstg.nhs.uk](mailto:MertonSPAreferrals@swlstg.nhs.uk)



# EARLY HELP / GETTING HELP

Early Help /  
Getting Help



[Jigsaw4u](http://jigsaw4u.org.uk)

Jigsaw4U offers support to children, young people and families in Merton to put the pieces together following social and emotional difficulties. 1-1 support is available for both children / young people and parents/carers. Support is also available in the community at the Wilson Wellbeing Centre and in some of Merton's schools. A professional referral is required. Self-referrals are accepted for some of the services. 020 8687 1384 / [info@jigsaw4u.org.uk](mailto:info@jigsaw4u.org.uk)



[Off The Record](http://talkofftherecord.org)

Off The Record offers individual emotional support and counselling in-person, over the phone and via video, as well as through an online text-based counselling service. Merton children and young people aged 11-25 can access this free and friendly service. Emotional support is also available in the community and schools throughout the borough through the schools' team and outreach support. Self referrals are accepted as well as referrals from professionals. 020 3984 4004 / [merton@talkofftherecord.org](mailto:merton@talkofftherecord.org)



[kooth](http://kooth.com)

Kooth is a free, safe and anonymous online wellbeing service for children and young people. Young people using the site are able to access a range of support services including one-to-one counselling sessions. Kooth enables young people to access help in a way that is most suitable for them, at a time that is convenient for them, 365 days of the year. [contact@kooth.com](mailto:contact@kooth.com)



# EARLY HELP / GETTING HELP

Early Help /  
Getting Help

**enable.**  
For happy, healthier communities.  
Not for profit.

Social Prescribing  
for Young People

Social Prescribing offers 1:1 support for young people aged 13 -19 years old within East Merton and Morden to help them feel healthy – mentally and physically. Young people can have up to 6 sessions at an easy access venue. Professional or self-referral accepted. 07756868692 / [cypmerton@enablelc.org](mailto:cypmerton@enablelc.org)

the havens 

The Havens

The Havens provide services for those who have been raped or sexually assaulted, including young people and children of all ages. Services offered include Forensic Medical Examination, Counselling, Independent Sexual Violence Advocacy (ISVA) service and Sexual health services. 020 3299 6900 (Urgent - open 24/7) / 020 3299 1599 (non-urgent - 9am – 5pm, Monday to Friday)

 **RASASC**  
Rape & Sexual Abuse Support Centre  
RAPE CRISIS SOUTH LONDON

RASASC

The Rape and Sexual Assault Support Centre offers specialist face-to-face counselling for women and girls aged 13 and above and play therapy for girls aged 5+, who have been raped or sexually abused at any time in their lives. Self-referrals accepted. 0208 683 3311

**WOMEN & GIRLS**  
  
**NETWORK**

Women and Girls  
Network

The Women and Girls Network provides 1:1 counselling support for Black and minoritised young women aged 14-24 who live, work or study in the London Borough of Merton. They also need to be worried about or have experienced violence, abuse or exploitation and experiencing trauma or emotional distress. 0808 801 0660 / [ywa@wgn.org.uk](mailto:ywa@wgn.org.uk)

Merton  
**family  
hub**



# EARLY HELP / GETTING HELP

Early Help /  
Getting Help



## Motivate Merton

Motivate Merton, led by Merton Connected, is a mentoring programme for young people aged 11 – 24 to help them develop, grow and reach their full potential. Mentoring supports included self-esteem issues, stress and anxiety and family breakdowns. Mentoring is free and schools can refer along with the Children and Family Hub and the Family Information Support Hub.



## Mind Matters Mentoring

Minds Matter Mentoring programme provides children and young people with SEND with a weekly 1:1 session. The sessions use a combination of resources and targeted techniques to aid in the development of emotional literacy, emotional regulation techniques, self-confidence, and self-esteem with the aim of providing lifelong skills for the mentee to overcome social and emotional barriers and improve access to opportunities. Each session costs £10. 02072231694 / jay@sentalk.org



## Ashdon Jazz Academy

Ashdon Jazz Academy offers mentoring for vulnerable young women who may be suffering from self-esteem issues, stress and anxiety, relational bullying, family breakdowns, involvement in criminality and gangs, and those who may be at risk of exclusion. Mentoring is free and can be virtual or face-to-face (if a mentor within the borough is available) and usually lasts up to 6 months. Professional and self-referrals accepted. They also provide a youth club which is based in Merton. 07949 875605 / ashdonjazzacademy@yahoo.co.uk



# EARLY HELP / GETTING HELP

Early Help /  
Getting Help



Merton Virtual  
Behaviour Service  
(VBS)

Merton Virtual behaviour Service (VBS) offers advice and support to Merton primary and secondary schools for pupils experiencing a range of social, emotional and mental health needs. Schools can refer to the team for advice from specialist teachers and specialist behaviour support workers. They also provide mentoring to support primary and secondary transition and mentoring of secondary-age pupils at risk of exclusion. Referrals can only be made by schools. 0208 288 5692



Merton Autism  
Outreach Service  
(MAOS)

Merton Autism Outreach Service (MAOS) supports the inclusion of pupils with Autism Spectrum Disorder (ASD) and Social Communication Difficulties in mainstream settings. MAOS works in an advisory role with schools supporting staff in developing their understanding of ASD and sharing tools and strategies to enable pupils to access learning and social opportunities. 020 8640 1177 / [bonnie.brown@cricketgreen.merton.sch.uk](mailto:bonnie.brown@cricketgreen.merton.sch.uk)



METRO

Metro is an equality and diversity charity, which promotes health and wellbeing and celebrates difference. Metro runs a service providing support to LGBT people throughout South London, who have experienced hate crime. They provide young people and adults counselling, have a community action group and a volunteer peer mentoring programme. 020 8305 5009 / [counselling@metrocharity.org.uk](mailto:counselling@metrocharity.org.uk)



# EARLY HELP / GETTING HELP

Early Help /  
Getting Help



[Spectra](#)

Spectra offers Young People LGBTQI+ counselling which supports sexual and gender identity; confidence and self-esteem; relationships (family, peer, or sexual); and transitioning. This service is available for LGBTQI+ young people (13-18). Spectra also offers more specialised therapies available including art and drama therapy, general sexual health counselling (over 16), Trans counselling (over 18), and a youth group (13-18). Self-referrals are accepted. [counselling@spectra-london.org.uk](mailto:counselling@spectra-london.org.uk)



[Rethink Mental  
Illness](#)

Rethink Mental Illness provides advice and general information on living with mental illness, medication and care. They also provide a drop-in group for adults affected by mental illness who are or have been under a Community Mental Health Team. 07840 880946 / [suethack123@gmail.com](mailto:suethack123@gmail.com)



[Social Prescribing](#)

Social Prescribing supports adults over the age of 18 with accessing support within the community to improve their health and wellbeing, helping to address needs in a more holistic way. Referral must be completed by a GP.



# EARLY HELP / GETTING HELP

Early Help /  
Getting Help



[Merton Uplift](#)



[Mushkil Aasaan](#)



[Early Intervention  
in Psychosis  
Service](#)

Merton Uplift is an integrated Primary Care Mental Health service accessible to anyone living in Merton or registered with a Merton GP who is 18 years and over. They offer support to anyone who has a mental health or wellbeing need, whether this is due to emotional difficulties or life stressors. They also offer support under the 'Getting more help'. Self-referrals accepted. 020 3513 5888 / [Mertonupliftreferrals@swlstg.nhs.uk](mailto:Mertonupliftreferrals@swlstg.nhs.uk)

Mushkil Aasaan provides counselling for Muslim women who are struggling with their wellbeing and need support. Mushkil Aasaan also run a variety of weekly support groups to support wellbeing. No referral forms are required. 020 8672 6581 / [mushkil@mushkilaasaan.com](mailto:mushkil@mushkilaasaan.com)

Merton and Sutton Early Intervention in Psychosis Service is a community based service for people aged 17 to 65 years, who have experienced symptoms of psychosis for the first time. The service works collaboratively with the young person, their family and friends with the aim of minimising the impact this has on their lives. Professional and Self-referrals accepted. 020 3513 5000 / [EISMertonSutton@swlstg.nhs.uk](mailto:EISMertonSutton@swlstg.nhs.uk)



# EARLY HELP / GETTING HELP

Early Help /  
Getting Help



[Wimbledon  
Guild](#)

Wimbledon Guild offers low cost individual counselling/ psychotherapy support to adults in Merton. Sessions range from £10-£80. Grief support is also available and free to Merton residents who have had someone pass away in the last 18 months. 020 82960030 /[counselling@wimbledonguild.co.uk](mailto:counselling@wimbledonguild.co.uk) /[griefsupport@wimbledonguild.co.uk](mailto:griefsupport@wimbledonguild.co.uk)



[Avanti](#)

Avanti's mental health support group in Merton offers adults a warm and welcoming environment to those experiencing mental health difficulties. Every session there is a distinct theme focusing on Mind, Body, Soul and Connect. The group runs every Monday 6pm-8pm at the New Horizon Centre. [Contact@avanticic.co.uk](mailto:Contact@avanticic.co.uk)



[Focus 4-1](#)

Focus-4-1 is an independent adult mental health user-led group in Merton. It welcomes members from all backgrounds and nationalities and is open to individuals aged 18 + who have lived experience of mental distress. The group meets every week and provides a wide range of services that ensure mental health service users have access to information and signposting, creative projects and activities, whilst gaining an understanding of healthy diets, nutrition and wellbeing. 07870 898 811 /[info@focus-4-1.co.uk](mailto:info@focus-4-1.co.uk)



# EARLY HELP / GETTING HELP

Early Help /  
Getting Help



Service User  
Network (SUN  
Project)

Service User Network (SUN Project) is a community based support service which aims to help adults over 18 better manage the difficulties associated with having a personality disorder. The support programme has 4 support groups which run weekly which Merton residents can attend. The groups run face-to-face and virtual and are free to attend. There is no formal assessment process. However, membership is dependent on the completion of a Crisis and Support Plan (CASP) which takes place at the first meeting with support from other group members and facilitators. All work is carried out in the groups, and there is no care coordination or any One-to-One appointments. 0203 513 5558 / [sunservice@swlstg.nhs.uk](mailto:sunservice@swlstg.nhs.uk)



Recovery College

Recovery  
College

Recovery College through Merton Uplift provides courses that will help residents understand more about their diagnosis, their medication options, the difficulties they face, and how to regain control of their life and find and access opportunities. All courses are co-facilitated by a practitioner and a peer with lived experience of mental health. 0203 513 5818 / [recoverycollege@swlstg-tr.nhs.uk](mailto:recoverycollege@swlstg-tr.nhs.uk)



# TARGETED / GETTING MORE HELP

Targeted /  
Getting  
More Help



[Merton CAMHS in  
Social Care](#)

Merton CAMHS in Social Care is a CAMHS team integrated within Merton Children's Social Care. They offer assessment and treatment for Mild to Moderate emotional and behavioural wellbeing and mental health problems of children/young people alongside their parents/ carers, including Children in Care. Referrals are only accepted by social workers for children and young people open to Social Care.



[Merton CAMHS  
\(Getting More Help\)](#)

The team is made up of a range of mental health professionals such as Psychologists, Psychiatrists, Family Therapists, Nurses and others. The service provides treatment and further assessment for children and young people experiencing significant emotional and mental health concerns. The service offers a range of evidence-based talking therapies. On average young people are seen for 4-12 sessions and regular reviews are held to check on progress. Referrals are made via the Single Point of Access (SPA). 020 3513 5000 / [mertonspareferrals@swlstg.nhs.uk](mailto:mertonspareferrals@swlstg.nhs.uk)



[Deaf CAMHS](#)

Deaf CAMHS provides highly specialised mental health care to deaf children and young people (aged up to 18 years) and their families and additionally to hearing children of deaf adults in the community. They also provide advice and consultation to local services that work with deaf children. Professional referrals accepted. 020 3513 5000 / [ndcamhs@swlstg.nhs.uk](mailto:ndcamhs@swlstg.nhs.uk)



# TARGETED / GETTING MORE HELP

Targeted /  
Getting  
More Help



Neuro  
Developmental  
Service (NDT)

The NDT service offers a diagnostic assessment for Autistic Spectrum Disorder (ASD) /Attention Deficit with Hyperactivity Disorder (ADHD). This is a specialist service for young people up to 18 years old with a referral from their local CAMHS service, their parents/carers and other professionals who work with them. Referrals via local CAMHS SPA. 020 3513 5000 / [mertonspareferrals@swlstg.nhs.uk](mailto:mertonspareferrals@swlstg.nhs.uk)



Eating Disorders  
Service

The Children and Young Person's Community Eating Disorder Service aims to see all children and young people with Eating Disorders with an emphasis on early intervention. The service covers all 5 boroughs of SWLSTG (Merton, Sutton, Wandsworth, Kingston & Richmond). Referrals are via SPA. 020 3513 6793 / [CAMHSEatingDisorder@swlstg.nhs.uk](mailto:CAMHSEatingDisorder@swlstg.nhs.uk)



Crisis Emergency  
Care Services  
(CECS)

CAMHS Emergency Care Service (CECS) support young people (under 18) who present to St Helier, St Georges and Kingston Hospital experiencing a current Mental Health Crisis. A CAMHS Crisis Clinician will provide a therapeutic psychosocial assessment, risk assessment and safety planning. CECS also provide 7 day follow up appointments to review the safety plan and ongoing care/ support plan. 07870917114 / [CAMHSEmergencyCare@SWLSTG.nhs.uk](mailto:CAMHSEmergencyCare@SWLSTG.nhs.uk)





# TARGETED / GETTING MORE HELP

Targeted /  
Getting  
More Help



Merton Adult  
SPA

Merton's case management model has a team of clinical and non-clinical case managers and care navigators, including a pharmacist, working together to meet the complex and multiple needs of adult patients in Merton. Combining clinical and non-clinical interventions ie, social prescribing, to address medical, social, psycho-social, mental, Isolation, non-engaging, substance misuse and pharmacy/medicine issues. The team also help clients who are not engaging with the process and have substance misuse issues or are homeless. 0333 004 7555 / [clcht.mertonspa@nhs.net](mailto:clcht.mertonspa@nhs.net)



Merton  
ADHD/ASD  
Diagnostic  
Service

Merton's ADHD/ASD Diagnostic Service offer specialist assessment and diagnosis of ADHD and ASD, ADHD medication initiation and titration focussed OT work for ADHD and specialist medical review for those with an established diagnosis who are taking medication for ADHD. This service is for adults over the age of 18. Referrals are only accepted by a GP or health care professional. 020 3513 5000 / [externalsuttonadhdasd@swlstg.nhs.uk](mailto:externalsuttonadhdasd@swlstg.nhs.uk)



Perinatal  
mental health  
service

Perinatal mental health service provides support to women who are over the age of 18 with a severe and enduring mental illness or at risk of developing one, who are either pregnant or in their first postnatal year. Professional referrals accepted. 020 3513 5000 / [perinatalreferrals@swlstg.nhs.uk](mailto:perinatalreferrals@swlstg.nhs.uk)



# TARGETED / GETTING MORE HELP

Targeted /  
Getting  
More Help



Recovery Café

The South West London Recovery Café offers a safe, inclusive and welcoming space for all adults living in South West London who are struggling with their mental health during the evening and weekends. Volunteers and staff can support to develop a safety plan and talk through resilience and coping mechanisms. Open Monday – Friday 6pm-11pm and Saturday – Sunday 12pm-11pm. No appointment required. 020 8767 8426 / [Recovery.Cafe@hestia.org](mailto:Recovery.Cafe@hestia.org)



Sunshine  
Recovery Café

Sunshine Recovery café based in Wimbledon offers crisis support to adults in Merton who are struggling with their mental health during the evening and weekends. Staff will complete a mental health assessment and provide a plan of care and support. Open Monday – Friday 6pm – 11pm and Saturday and Sundays 12pm-11pm. 07908 436617 / [info@cdars.org.uk](mailto:info@cdars.org.uk)



Recovery  
Teams

Mitcham, Morden and Wimbledon Recovery and Support Teams provide support within the community to adults with a diagnosis of severe depression, anxiety, schizophrenia, mood disorders, personality and behaviour disorders. Referrals are accepted through services including Merton Assessment Team, Home Treatment Team and inpatient services.



# TARGETED / GETTING MORE HELP

Targeted /  
Getting  
More Help



Older People's  
Community Mental  
Health Team

Merton's Older People's Community Mental Health Team is a multi-disciplinary team which supports over 65's with dementia or other organic illness and over 75's with functional mental illnesses such as depression. Referrals accepted from health and adult social care professionals. [MertonOPAdminTeam@swlstg.nhs.uk](mailto:MertonOPAdminTeam@swlstg.nhs.uk)



Mental Health  
Learning Disability  
Team

Merton's Mental Health Learning Disability Team support adults over the age of 18 who have a formal diagnosis of a Learning Disability or Intellectual Disability and need support with their mental health. Referrals accepted from GP/health professionals. 020 3513 5000 / [Sutton&MertonMHLTD@swlstg.nhs.uk](mailto:Sutton&MertonMHLTD@swlstg.nhs.uk)



Community Forensic  
Outreach Team

Community Forensic Outreach Team supports adults aged who have a diagnosis of severe and enduring mental illness, and/or personality disorder or who have complex needs, including challenging behaviour and/or substance misuse. Referrals accepted by health professionals. 0203 513 6647 / [forensicoutreachteam@swlstg.nhs.uk](mailto:forensicoutreachteam@swlstg.nhs.uk)



# TARGETED / GETTING MORE HELP

Targeted /  
Getting  
More Help



## Complex Needs Service

Merton and Sutton Complex Needs Service is for people aged 18 to 65 with a personality disorder who present with potentially lethal self-harm, or have marked and destructive difficulties in relationships (especially risk of harm to children), or display dangerous multi-impulsive behaviours. Referrals are only accepted from health professionals. 020 3513 5000



## Traumatic Stress Service

Traumatic Stress Service is an outpatient psychotherapy service for adults, specialising in the assessment and treatment of post traumatic stress disorder. The service accepts referrals from local Talking Therapies teams (IAPT), secondary care (RST) and specialist mental health services. 0203 513 4304 / [traumaticstress@swlstg.nhs.uk](mailto:traumaticstress@swlstg.nhs.uk)



## Eating Disorders Outpatient Community Team

The adult eating disorders outpatient service offers specialist treatment to adults with a range of moderate to severe eating disorders. The service also includes the Enhanced Treatment Team (ETT) which offers intensive support and treatment to patients in their own homes or in the community. Referrals are only accepted from health professionals. 020 3513 5000 / [AdultsEatingDisordersTeam@swlstg.nhs.uk](mailto:AdultsEatingDisordersTeam@swlstg.nhs.uk)



# SPECIALIST / GETTING RISK SUPPORT

Specialist /  
Getting  
Risk  
Support



Dialectical  
Behavioural  
Therapy

The Dialectical Behaviour Therapy (DBT) Service is a multi-disciplinary service that consists of Clinical Psychologists, Mental Health Nurses, and a Psychiatrist. DBT is an evidence-based therapy, recommended in the NICE guidelines for both Self-Harm and Borderline Personality Disorder (BPD). Referrals are only accepted from CAMHS Getting more Help. [DBTCAMHS@swlstg.nhs.uk](mailto:DBTCAMHS@swlstg.nhs.uk)



Adolescent  
Outreach Team  
(AOT)

The Adolescent Outreach Team is a multidisciplinary community team, with the aim of helping young people avoid inpatient mental health care by working more intensively with them in the community during a period of mental health crisis. Once the presentation has stabilised their care is transferred back to their local CAMHS team. The service is for Young People aged 12-18 years who are experiencing an acute crisis in their mental health and who might be at risk of needing an inpatient admission owing to the severity of their illness or risk. Referrals are only accepted from CAMHS Getting More Help. 020 3513 5000 / [AOTAdmin@swlstg.nhs.uk](mailto:AOTAdmin@swlstg.nhs.uk)



# SPECIALIST / GETTING RISK SUPPORT

Specialist /  
Getting  
Risk  
Support



General  
Adolescent Units  
(Snowsfield,  
Aquarius, GAU,  
PICU)

PICU (Adolescent Psychiatric Intensive Care) and GAU (General Adolescent Unit) beds are accessed via the South London Partnership (SLP) bed management system following a referral from a CAMHS professional. Inpatient units offer mental health care and treatment for children and young people who are experiencing issues that require admission to a hospital.

Snowsfield - 020 3228 2200 / 020 3228 2207

Aquarius - 020 3513 5421

Psychiatric Intensive Care Unit (PICU) - 020 3228 4220 / 020 3228 4757



Specialist  
Intensive  
Inpatient Eating  
Disorder

The Specialist Intensive Inpatient Eating Disorder Service (Wisteria) is a 10-bed unit for young people aged 11-18 years with severe eating disorders and weight loss related to mental health problems. Referrals are accepted by CAMHS Getting More Help. 020 3513 5000 / [admin.wisteria@swlstg.nhs.uk](mailto:admin.wisteria@swlstg.nhs.uk)



# SPECIALIST / GETTING RISK SUPPORT

Specialist /  
Getting  
Risk  
Support



Home Treatment  
Team

Merton Home Treatment Team provides crisis and home treatment support to Adults aged 18 - 75 years of age who are experiencing a Mental Health Crisis and have increased risks. They aim to provide assessment and treatment in the community as an alternative to hospital admission. The team initially see people on a daily basis then depending on progress the frequency of visits may be adjusted whilst gradually working towards a discharge plan. Referrals accepted from health professionals. 020 3513 5000 / [MertonHomeTreatmentGroup@swlstg.nhs.uk](mailto:MertonHomeTreatmentGroup@swlstg.nhs.uk)



Eating Disorders  
Day Unit

The Eating Disorder Day Unit 5 -day service, Monday - Friday, for up to 10 male and female clients each diagnosed with an eating disorder and who need a more intensive treatment programme. Referrals are made via GP to Eating Disorders Outpatient Team who then refer to the Day Unit if appropriate. 0203 513 5000 / [natalie.stevens@swlstg.nhs.uk](mailto:natalie.stevens@swlstg.nhs.uk)



Inpatient Units

Inpatient units offer mental health care and treatment for adults who are experiencing mental health issues that require admission to a hospital. Referrals are accepted from secondary mental health services, such as Community Mental Health Teams and Home Treatment Teams, as well as Acute Hospitals once assessed by the Psychiatric Liaison Team or the on-call Psychiatric Doctor.



# FURTHER SUPPORT FOR PRACTITIONERS



[Mental health for early years children](#)

Mental health for early years children provides information and guidance on how to support babies and young children with their mental health. The article covers what mental health means for babies and young children, recognising emotional and behavioural changes, strategies to support and safeguarding.



[MindEd Hub](#)

MindEd is a free eLearning resource, funded by Health Education England, the Department of Health and Social Care and the Department for Education, aimed at equipping professionals and members of the public with evidence-based information about children, young people, adults, and older people's mental health. MindEd has over 500 eLearning modules which are aimed at anyone from beginner through to specialist.





# MERTON LOCAL DIRECTORIES

Merton Local Directories are great resources to keep up to date with activities and services available for children, young people and adults in Merton.

[Merton Local Directories](#)

## Welcome to Merton Local Directories

Support, services, advice and things to do




### Family Services Directory

Support and information for expectant parents and families with children and young people aged 0-19.

- [Activities and leisure](#)
- [Childcare and education](#)
- [Community groups and places](#)
- [Family support and parenting](#)
- [Health and wellbeing](#)
- [Information, advice and support](#)

[See more](#)



### SEND Local Offer

Support for children and young people with special educational needs and disabilities aged 0-25.

- [Activities and leisure](#)
- [Education and childcare](#)
- [Employment and training](#)
- [Health](#)
- [Preparing for adulthood](#)
- [Social care](#)

[See more](#)



### Young Merton

Support for care leavers moving into adulthood and independent living aged 16-25.

- [Education and learning](#)
- [Have a say. Get involved](#)
- [Keeping safe and healthy](#)
- [Local offer for care leavers](#)
- [Things to do](#)
- [Work, money and living](#)

[See more](#)



### Adult Support Services Directory

Support for adults on employment, education, health, housing, financial advice and things to do in the community.

- [Activities and leisure](#)
- [Health and wellbeing](#)
- [Housing matters](#)
- [How to access help](#)
- [Keeping safe](#)
- [Money matters](#)

[See more](#)



### Family Hubs Directory

Connecting families and young people with access to help, when and where they need it.

- [Family Voice](#)
- [Home life, finances and staying safe](#)
- [Keeping your family healthy](#)
- [Play, youth and family learning](#)
- [SEND support \(Special educational needs and disabilities\)](#)
- [Start for Life](#)

[See more](#)






# ACTIVITY FINDER



Merton's Activity Finder is a great resource to keep up to date with all sporting activities available for children, young people and adults in Merton.

There are hundreds of free or low-cost activities in Merton to choose from.

[Activity finder](#)

 <p>Free</p>	2.9km away <b>Premier League Kicks - Free Football Session</b> 📍 Plough Lane Stadium, Plough Ln, London SW17 0NR, UK 📅 Thu 30th Nov at 16:30pm
 <p>£2.20</p>	3.5km away <b>Indoor Soft Play</b> 📍 David Weir Leisure Centre, Middleton Road, Carshalton, Greater London, SM5 1... 📅 Fri 24th Nov at 16:30pm
 <p>£2.20</p>	3.5km away <b>Indoor Soft Play</b> 📍 David Weir Leisure Centre, Middleton Road, Carshalton, Greater London, SM5 1... 📅 Fri 24th Nov at 17:30pm



# FURTHER SUPPORT

Families can receive further information on mental health support through the Family Information Support Hubs (FISH).

FISH provides parents/carers with information, support and guidance on all aspects of family life.

FISH sessions take place Monday – Friday with FREE face-to-face or telephone appointments available. Appointments can be booked via [Eventbrite](#) either by a parent/carer or a practitioner on their behalf.

Or parents/carers can come along to one of the FISH drop-in sessions (no appointment needed):

Family Hub at Church Rd Children Centre – Mondays, 1.30pm-4.30pm

Family Hub at Acacia Children Centre – Wednesdays, 9.00am-12.00pm

