



Hearts & Minds

FALL SEVEN TIMES. STAND UP EIGHT

healthwatch
Merton

Young People in Merton Mental Health Directory



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KEEPING THIS DIRECTORY UPDATED

Healthwatch Merton aim to keep this directory updated and we need your knowledge to help do this.

If you know of anything that should be added to this guide or amended, please get in touch.

Email any suggested additions and changes to

info@healthwatch.co.uk or call 020 8685 2282

INTRODUCTION

Keeping yourself well doesn't stop with looking after your body. All of us have mental health as well as our physical health, and it changes all the time.

Hearts and Minds and Healthwatch Merton have put together this guide to help young people around Merton know where to look when they want to make sure they are taking care of their mental health. So whether you're worried about yourself or a friend; whether specific issues have been bothering you, or you just want to make sure you keep yourself feeling stable and fulfilled, there should be something here for you.

Heart and Minds

Hearts & Minds is an innovative, peer led service for young people, aged 14-25, experiencing difficulties with their mental health. All the staff and volunteers are trained young adults who have also had their own experiences of distress and mental health difficulties and now provide weekly peer support groups, occasional one to one mentoring and a volunteering programme.

Hearts & Minds runs a weekly Peer Support Group from 6 – 8pm on Tuesday evenings in Wimbledon Library for young people between the ages of 14 and 25 who self-identify as struggling with their mental health, regardless of where they live or whether they have accessed services before. All are welcome – get in touch for more info.

www.heartsandminds.org.uk
info@heartsandminds.org.uk

South West London & St George's Mental HealthTrust - www.swlstg-tr.nhs.uk

South West London & St George's serves the boroughs of Merton, Wandsworth, Richmond, Sutton and Kingston. They provide Child and Adolescent Mental Health Services (CAMHs), inpatient and outpatient services.

020 3513 5000

Merton Uplift - www.mertonuplift.nhs.uk

Merton Uplift is an integrated Primary Care Mental Health service accessible to anyone living in the borough of Merton or registered with a Merton GP who are 18 years and over. They support anyone who has a mental health or wellbeing need, whether this is due to emotional difficulties or life stressors. They also offer a service for people with a stable mental health diagnosis such as psychosis and Bipolar Affective disorder.

020 3513 5888

Merton Child and Adolescent Mental Health Services (CAMHs)

CAMHs in Merton offer a range of assessments and treatments for children and young people presenting with enduring and moderate to severe mental health problems which impact significantly on daily functioning. They accept referrals from GPs, social workers, health professionals (including paediatricians), school nurses and health visitors, as well as from schools and safeguarding teams.

0208 254 8061 ssg-tr.spamertoncamhs@nhs.net

111 - <http://bit.ly/1jldsret>

111 is the NHS free 24/7 non-emergency number. Call 111 and speak to a highly trained adviser, supported by healthcare professionals.

NHS Choices

<http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

Official NHS website; with advice on looking after yourself and how to access services to support you. Includes an information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

OTHER SERVICES AND OPPORTUNITIES SERVING MERTON RESIDENTS

Ashdon Jazz Academy - www.ashdonjazzacademy.org/contact

This local charity was set up in memory of the teenager Ashdon Muirhead, and aims to provide vulnerable young women with a compassionate mentor who is fully vetted and checked.

ashdonjazzacademy@yahoo.co.uk

CSMerton Young Carers Project - www.csmerton.org/what-is-a-young-carer

Young Carers provides a range of support to young people aged 5-17 who live in Merton and who help to care for a family member.

020 8646 7515

Catch 22

www.catch-22.org.uk/services/merton-young-peoples-risk-and-resilience

This is a youth service combining support on issues affecting vulnerable young people ages 11-24, including substance misuse, sexual health, youth justice, family life and emotional wellbeing.

020 3701 8641 - msm@catch-22.org.uk

Inner Strength Support - www.innerstrengthnetwork.com

Inner Strength Network is an established early help coaching, training and support service for young people who are experiencing difficult moment in their lives. They specialise in women and girls, however they believe in empowering our young people, providing a safe space for the most vulnerable.

0208 6871817 or 07903737780

admin@innerstrengthnetwork.com or Maureen@innerstrengthnetwork.com

Endeavour youth club - www.endeavouryouthclub.com

Kenneth Black House, Martin Way, Morden, SM4 4AJ

A local youth club in the Morden area which has many facilities.

020 8540 3129 - endeavouryouthclub@blueyonder.co.uk

Jigsaw 4 U - www.jigsaw4u.org.uk

Jigsaw4u provides Advocacy and Independent Visiting services to Looked-After Children and young people leaving the care of the London Borough of Merton.

020 8687 1384

Merton Social Prescribing Service - www.mvsc.co.uk/SocialPrescribing

The service supports people aged 18 and over in identifying what they think are their main needs and goals and works up a plan to meet these.

My Futures Team

The My Futures Team supports young people aged 13-19 in Merton either at risk of becoming Not in Education, Employment or Training (NEET) or who are currently NEET. Young people who are NEET can refer themselves to the team.

fuad.hussain@merton.gov.uk - 020 8274 5958

Off The Record - www.talkofftherecord.org/merton

Emotional support for young people aged 11-25 who live in the London borough of Merton (or have a GP in the Merton borough). They offer walk-in counselling sessions and outreach work through to ongoing support through individual online counselling and face-to-face counselling
0203 984 4004

One You Merton - www.oneyoumerton.org

Friendly local support to help you eat well, move more, stop smoking or drink less. Face to face stop smoking support for young people aged 19 and under (young people aged 17 and under need to be accompanied by a responsible adult)

Phipps Bridge Youth Centre

Cobham Court, Haslemere Avenue, Mitcham CR4 3PR

They provide information; advice and support to young people aged 9-19 on a wide range of subjects and a safe, friendly environment for all members to enjoy the many activities that take place on a weekly basis.
020 8274 5194 hipps.bridge@merton.gov.uk

Pollards Hill Youth Centre - South Lodge Avenue, Mitcham CR4 1LT

They provide information, advice and support to young people aged 10-19 on a wide range of subjects with a safe, friendly environment for all members to enjoy the many activities that take place.
020 8274 5195 pollards.hill@merton.gov.uk

Prince's Trust Team Programme

www.south-thames.ac.uk/courses/the-prince-s-trust-programme.htm

The Prince's Trust Team Programme is a free 12-week development course for 16-25 year olds.

Roundabout Drama Therapy - www.roundaboutdramatherapy.org.uk

Drama therapy for people with experiences including abuse, bereavement, young caring, isolation, anxiety, behavioral issues, anger problems, low self-esteem and confidence, depression and family problems.
020 8665 0038 info@roundaboutdramatherapy.org.uk

Street League - www.streetleague.co.uk/london

Provides free football coaching sessions, employability workshops, one to one careers advice, progression and sport qualifications to those aged 16-30. The closest street league for Merton residents is the South London hub.
jessica.gatfield@streetleague.co.uk - 078146 25973

Stem4 - www.stem4.org.uk

Supports positive mental health in teenagers. Information on mental health, mental health apps and education.

The GAP Youth Cub - www.wandsworth.gov.uk/gap

Open to LGBTQ young people aged 13 to 19 (or 25 with a disability), The Gap meets every Friday from 6 to 8pm in the Clapham Junction area

Uptown UK - Dance Academy, Youth Club and Learning Centre

Leyton Road Community Resource Centre, 21 Leyton Road, London, SW19 1DJ

Uptown runs a whole host of activities for three nights a week at Leyton Road Community Resource Centre. Members can take part in music, dance, drama and sports.

07957 112 260 - simmsjm@aol.com

Dragon Café - www.dragoncafe.co.uk

The Dragon Cafe is a charity cafe/centre in Southwark open on Mondays for people with mental health problems.

Able Futures- www.able-futures.co.uk

The Access to Work Mental Health Support service offers those 16+ working and living with mental health difficulties free support

Freephone 0800 321 3137 (8am-10.30pm – Mon Fri)

Bananas Art

Bananas Art, based in Wallington, is a group of adults (18 +) who meet weekly on a Monday (2pm-4pm) to use visual art to build confidence and self-esteem.

artaloud@hotmail.co.uk

Wimbledon Guild Talking Therapies

www.wimbledonguild.co.uk/talking-therapies/how-talking-therapies-help

They support anyone over the age of 18 who lives, works or studies within Merton and offer charitable rates on a sliding scale of fees

020 8296 0030 counselling@wimbledonguild.co.uk

Wimbledon Guild Grief Support

www.wimbledonguild.co.uk/community-services/grief-support

The grief support service is free of charge and offered to adult residents (age 18+) in the borough or patients registered with a Merton GP

020 8946 0735 griefsupport@wimbledonguild.co.uk

Tennis Recovery Group

A tennis group for adults and older young people with mental health problems based in Wallington on Tuesdays 1:30- 3:30.

07507 865 753 (text only) penny_meakin@btconnect.com

YMCA St Paul's Group (Wimbledon)

www.ymcastpaulsgroup.org/centres/ymca-wimbledon/

YMCA Wimbledon, 200 The Broadway, Wimbledon, SW19 1RY

It has over 50 exercise and wellbeing classes, a gym with allocated times for young people as well as an affordable cafe.

020 8542 9055 - info.wimbledon@ymcalsw.org

South West London Recovery Cafes

Both cafes offer a place for people aged 18+ to go who are experiencing difficulties with their mental health or are unable to cope.

Sunshine Recovery Café - 296a, Kingston Road, SW20 8LX
07908 436 617 info@sunshinerecoverycafe.org

Hestia's Recovery Café – 966, Garratt Lane, Tooting, SW17 0ND
07794 394 920 recoverycafe@hestia.org

Both Open

6pm-11pm Mon – Fri and Saturday, Sunday and every bank holiday 12pm-11pm

Better Leisure Centre - www.better.org.uk/leisure-centre/london/merton

Canons Leisure Centre, Mitcham Town Centre Gym, Morden and Wimbledon

Better Leisure manage 4 centres across Merton offering exercise classes, access to gym and swimming pool in 3 of the centres.

NATIONAL CHARITIES AND HELPLINES

CHILDLINE - www.childline.org.uk

You can contact Childline about anything. Whatever your worry, it's better out than in. They will support you and help you find ways to cope.

Call 0800 1111

Samaritans - www.samaritans.org

24/7 free and confidential helpline for people who are feeling desperate and wanting to talk. Issues can vary from loneliness, relationship problems, school stress to a suicidal crisis.

Free Helpline: 116 123 Email Helpline: jo@samaritans.org

Rethink Advice Line - www.rethink.org/about-us/our-mental-health-advice

The Rethink Advice Line gives practical advice and information about any issues to do with mental illness including different types of therapy and medication, benefit, debt and money issues, police, courts and prison and your rights under the Mental Health Act.

0300 5000 927 – Monday – Friday 9.30am-4pm

Mind

The Mind Infoline provides information on a topics including types of mental health problem, where to get help, medication and alternative treatments, advocacy and local support.

0300 123 3393 - Monday to Friday 9am-6pm

Text: 86463 info@mind.org.uk

**Switchboard LGBT+ - <http://switchboard.lgbt>
(Lesbian Gay Bisexual and Transgender)**

Switchboard is a confidential helpline made up of all LGBT+ volunteers who can provide information and support to anyone who identifies as part of the LGBT community or anyone considering issues around sexuality and gender identity.
0300 330 0630 (10am- 10pm everyday) chris@switchboard.lgbt

Coram Voice – Advocacy Helpline – www.coramvoice.org.uk

Are you in care, leaving care, have a social worker or need one? If so then Coram Voice is the place for you They can tell you about your rights, make sure you get the help you need and get your voice heard.
Advocacy Helpline 0808 800 5792

Missing People - www.missingpeople.org.uk

Missing People is an organisation for those who are reported missing, their loved ones, and those who are thinking about running away or going missing, whatever the reason.
Call or text: 116 000 116000@missingpeople.org.uk (24 Hours)

Brook - www.brook.org.uk

Brook is a national charity for young people's sexual health and wellbeing.

Mermaids UK - www.mermaidsuk.org.uk

Mermaids UK is a charity set up to help young people who identify as transgender. They provide a confidential helpline aimed at supporting transgender up to the age of 19, their families and professionals working with them.
0808 801 0400 – Mon-Fri 9pm-9pm - info@mermaidsuk.org.uk

Mikey's Line - www.mikeyline.co.uk

Mikey's line provides a contact point for any young people feeling lonely via text line service.
07779 303 303

Muslim Youth Helpline – www.myh.org.uk

National Helpline service supporting the Muslim Youth Community.
Freephone: 0808 808 2008 help@myh.org.uk

Papyrus Hopeline UK - www.papyrus-uk.org

Helpline for children and young people under the age of 35 who are experiencing thoughts of suicide and/or anyone concerned that a young person could be thinking about suicide.
*0800 068 41 41 Mon-Fri 9am -10pm Sat/Sun 2pm -10pm Bank Holiday 2pm – 10pm
Text: 07786 209697 pat@papyrus-uk.org*

**Head Meds now hosted by Young Minds
www.youngminds.org.uk/find-help/medications/**

Provide information on mental health conditions and medications for young people.

National Association for Children of Alcoholics (NACO)

www.nacoa.org.uk/young-people.html

NACO provides a helpline and email support for children of alcoholics of any age.
0800 358 3456 - helpline@Nacoa.org.uk

The Mix - www.themix.org.uk

The Mix takes on any challenge faced by under 25's - from mental health to money, from homelessness to finding a job, from break-ups to drugs.
0808 808 4994 Open 4pm-11pm everyday

B-eat - www.beateatingdisorders.org.uk

Beat provides helplines for adults and young people offering support and information about eating disorders. These helplines are free to call from all phones
Youthline 0808 801 0711 Studentline 0808 801 0711 & Helpline 0808 801 0677

Stonewall - www.stonewall.org.uk

Stonewall is a charity for lesbian, gay, bisexual and transgender (LGBT) young people, who aim to unite people and provide support, information and advice.
0800 050 2020

LGBT Foundation - www.lgbt.foundation

The foundation offers information on relevant topics, advice on how to get involved and a range of ways to get support for people who identify as (lesbian, gay, bisexual or transgender).
0345 3 30 30 30 helpline@lgbt.foundation

Anxiety UK - www.anxietyuk.org.uk

Anxiety UK is a national charity to help those struggling with anxiety.
08444 775 774 (call) 07537 416 905 (text)

Blurt Foundation - www.blurtitout.org

Blurt aim to increase awareness and understanding of depression

CALM – Campaign Against Living Miserably - www.thecalmzone.net

CALM is a national charity which aims to target the issue of men's mental health.
0808 802 58 58

FRANK - www.talktofrank.com

Frank is a charity that aims to inform young people about drugs and has a huge amount of advice and information about types of drugs and what they do. They have a confidential helpline, online chat and email support service
0300 123 6600 (24hrs a day) 82111 (text) frank@talktofrank.com

Self-Injury Support - www.selfinjurysupport.org.uk

Self-Injury Support is a national charity addressing self-harm in women and girls.
Phone, text and webchat services open Tues – Thurs (7pm-9.30pm)

Sane - www.sane.org.uk/home

Sane is a national mental health charity offering emotional support.
0300 304 7000 Helpline available from 4.30pm – 10.30pm

No Panic - www.nopanic.org.uk

No Panic is a national charity that supports people who suffer with issues surrounding anxiety, panic, phobias and obsessive compulsive disorder.

0844 967 4848 - Everyday - 10:00am - 10pm

OCD UK (Obsessive Compulsive Disorder) – www.ocduk.org

OCD UK provide advice, information, and support services for those affected by OCD, and campaign to end the trivialisation and stigma of OCD

03332 127 890

OCD Action - www.ocdaction.org.uk

OCD Action provides information and support for people with OCD. They have a helpline, email service, advocacy service and a network of local support groups.

0845 390 6232 - support@ocdaction.org.uk

OCD Youth – www.ocdyouth.org

OCD Youth aims to increase awareness and access to support for anyone under 25 affected by OCD.

Bullying.co.uk - www.bullying.co.uk

Provides advice and support around issues to do with bullying and recognising abusive behaviours.

FREE helpline or live online chat that is supportive and non-judgmental. The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday & Sunday.

Victim Support - www.victimsupport.org.uk

FREE and confidential support to help you move beyond the impact of crime.

0808 168 9111

Bipolar UK - www.bipolaruk.org

Supports all people affected by bipolar, including those who have a diagnosis, people who are waiting for one, and carers or family members.

0333 323 3880 info@bipolaruk.org

National Domestic Violence Helpline -www.nationaldahelpline.org.uk

24 hour FREE helpline to support those experiencing domestic abuse.

0808 2000 247

Child bereavement UK - www.childbereavementuk.org

Child Bereavement UK supports families and educates professionals both when a baby or child of any age dies or is dying, and when a child is facing bereavement

0800 028 8840

Time to Change - www.time-to-change.org.uk

A campaign to change the way people think and act about mental health problems

Voice Collective - www.voicecollective.co.uk

Support children and young people who hear, see or sense things other people don't.

APPS AND DIGITAL TOOLS

www.kooth.com - Free, safe and anonymous online support for young people

Every Mind Matters - www.nhs.uk/oneyou/every-mind-matters/

Take the short quiz that leads you to a free plan with expert advice and practical tips

Good Thinking - www.good-thinking.uk

Find the right tools and resources to help you feel better

Doc Ready - www.docready.org

Doc Ready is a digital tool that helps young people to prepare and make the most out of mental health related GP visits.

Make Your Headspace – <https://headscape-swLondon.nhs.uk/>

ACTIVITY IDEAS

Merton Directories – <https://directories.merton.gov.uk>

Within directory of services there is a section of Young Merton promoting opportunities and things to do locally.

Acacia Adventure Playground - 230 Acacia Road, Mitcham, Eastfields, CR4 1SD
www.merton.gov.uk/leisure-recreation-and-culture/parks-and-open-spaces/play-areas/mitcham/acacia-adventure-playground-mitcham

FREE supervised Adventure playground open for 5-16 year olds during term time and school holidays (various times)

Merton Swordfish Swimming Club -

A swimming group for children and young people aged 5- 20 and above including those with additional needs. Monday and Sunday evenings in Wimbledon and Morden. Contact Mrs Pitt for more info.

020 8648 0810

South Thames College - www.south-thames.ac.uk

South Thames College provide a range of courses of full time, part time and leisure, some specially designed for people with mental health problems. Their courses are designed to give excellent training to maximise the potential of students.

020 8918 7777 info@south-thames.ac.uk

Merton Walks for Life

www.merton.gov.uk/healthy-living/sport-and-healthy-living/walk-4life

Merton Walk 4life walks are free, suitable for all ages and abilities and suit both beginner and intermediate levels.

Meetup - www.meetup.com

Meetup helps you find local groups that bring together people of different interests and hobbies from board games and marathon running to shy people and bookworms.

Croydon Steel Orchestra

Croydon Steel Orchestra is a large community group of steel drummers, from beginners to advanced. It focuses on being fun, inclusive and community based as well as teaching so that anyone can learn to play.

07956 147582 paul@croydonsteelorchestra.co.uk

Geocaching - www.geocaching.com/play

Geocaching is a real-world treasure hunt where you can find 'caches' or boxes with trinkets locally to you by downloading a free app on your phone that has maps.

Table tennis and Badminton Social Group

Colliers Wood Community Centre, 66-72 High Street, Colliers Wood, SW19 2BY

Colliers Wood Table tennis and Badminton Group is a friendly group with a supportive atmosphere open to anyone of all ages and abilities. They have members from 8 to 85 years old. 2.30 pm to 4.30 pm every Sunday.

Carshalton Community Gardens –

www.ecolocal.org.uk/food-growing/growing/carshalton-community-allotment-sessions/

Carshalton Community Gardens has free and relaxed food growing drop-in sessions at their vegetable patch come rain or shine. Drop-in sessions are twice a week for all ages and levels of experience. Under 18s must be accompanied by an adult.

020 8404 1522 info@ecolocal.org.uk

Totally Clapham – www.totallyclapham.co.uk

Totally Clapham is a website that has many activities to do around South West London. One of the pages has a list of arts and craft classes.

VOLUNTEERING OPPORTUNITIES

Merton Voluntary Service Council (MVSC) Volunteering **www.volunteermerton.org.uk**

Volunteering opportunities across Merton for ages 16+

Do-it – www.do-it.org

A national website where you can search for volunteering opportunities near you that are aligned with your interests and flexibility.

Young Minds – www.youngminds.org.uk

Young Minds is the national charity regarding mental health in young people (under 25s.) They have Young Activists' volunteer role who are young people passionate about mental health

Fixers - www.fixers.org.uk

Young people who want to join Fixers choose the issue they want to fix and, using the skills of a team of creative experts, they work out how to make sure their message is heard by the right people, whether that's through a unique film, a leaflet or poster campaign, a website, an event or workshop..

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Hearts & Minds and Healthwatch Merton

Vestry Hall
London Road
Mitcham
CR4 3UD

T: 020 8658 2282
E: info@healthwatchmerton.co.uk
W: www.healthwatchmerton.co.uk

Last Updated April 21st, 2020