

Mental Wellbeing

  	<p>You may already get help or support from:</p> <ul style="list-style-type: none">• your GP• a housing officer• a therapist or other NHS or care worker.
	<p>They can talk to you about getting support for your mental wellbeing from Southwark adult social care.</p>
	<p>If you think you need care or support, contact Southwark Wellbeing Hub first.</p>
	<p>The Hub will talk to you and if they think you need support they will:</p>

	<ul style="list-style-type: none">• refer you to Adult Social Care or• link you to other local services.
	<p>Your GP can also help. They can refer you to the South London and Maudsley NHS Foundation Trust, also known as 'SLaM'.</p>
	<p>We will send your details to the right team who will take action quickly.</p>
	<p>Get in touch</p> <p>Southwark Wellbeing Hub</p> <p>Write to: Thames Reach Employment Academy 29 Peckham Road London SE5 8UA</p> <p>Call: 020 3751 9684</p> <p>Email: southwarkhub@together-uk.org</p>