

# Young People in Merton Mental Health Directory

Compiled by Beth Ingram  
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## 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.

Our Healthwatch Youth volunteer Beth has put together this guide to help Merton's young people 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 or symptoms 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.

If you know of anything we should add to this guide, please get in touch. We aim to keep it updated and we need your knowledge.

## NHS SERVICES

### **South West London & St George's Mental Health Trust**

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

[www.swlstg-tr.nhs.uk](http://www.swlstg-tr.nhs.uk)

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### **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.

Birches House

Birches Close

Mitcham

London

CR4 4LQ

0208 254 8061

[ssg-tr.spamertoncamhs@nhs.net](mailto:ssg-tr.spamertoncamhs@nhs.net)

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### **111**

111 is the NHS free 24/7 non-emergency number. Call 111 and speak to a highly trained adviser, supported by healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care for you.

If you have difficulties communicating or hearing, you can use the NHS 111 service through a textphone option by calling 18001 111.

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

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### **NHS Choices**

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.

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

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## OTHER LOCAL SERVICES AND ORGANISATIONS

### **Ashdon Jazz Academy**

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. This service is offered to those who may be suffering from self-esteem issues, feelings of isolation, peer pressure, relational bullying, family breakdowns, stress and anxiety, involvement in criminality and gangs and those who may be at risk of exclusion. Young women can ask for mentor support themselves directly on the website.

[www.ashdonjazzacademy.org/contact](http://www.ashdonjazzacademy.org/contact)  
[ashdonjazzacademy@yahoo.co.uk](mailto:ashdonjazzacademy@yahoo.co.uk)

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### **Carers Support Merton – Young Carers Project**

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. This support can include help with education, information on conditions, peer support groups, one to one support, whole family support, employment and training help for older young people, benefits guidance, advocacy and counselling and befriending. Referral forms are accepted directly from young people, from parents/carers and from other people who are concerned about a young person.

Vestry Hall  
336-338 London Road  
Mitcham  
CR4 3UD

020 8646 7515  
<http://www.csmerton.org/young-carers.htm>

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### **Catch 22**

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. They aim to promote positive health choices, prevention of substance misuse as well as treatment and resilience building. Referral forms are accepted directly from young people, from parents/carers and from other people who are concerned about a young person.

21 Leyton Road  
Colliers Wood  
SW19 1DJ

020 3701 8641  
[msm@catch-22.org.uk](mailto:msm@catch-22.org.uk)

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### **Insight- Mitcham**

Insight is a safe and secure environment where young people aged 16-19 can drop in and come for general information and advice, as well as support in their studies, college placement, job search, sexual health issues, housing advice and information about positive activities. Activities include CV writing, college/job applications, job searches, one to one support, health advice and housing advice.

39-41 Monarch Parade  
London Road  
Mitcham  
CR4 3HA

020 8687 5226  
[insight@merton.gov.uk](mailto:insight@merton.gov.uk)

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### **Wimbledon Wednesday Group**

A drop-in social group for those affected by serious mental illness, who are or have been under a mental health team. Group is mainly attended by adults but older young people finding themselves isolated are welcome. Short quiz or bingo each week and a cafe providing snacks and meals at a discounted price. Number provided is of Elizabeth, a young person who attends and can support someone to come along by chatting first or meeting outside to walk in with. No referral needed, just drop in. There is also a monthly carers meeting.

Wimbledon Guild Side Entrance  
30-32 Worple Road  
Wimbledon  
SW19 4EF

07855 756 899  
[mertonandsuttongroup@rethink.org](mailto:mertonandsuttongroup@rethink.org)

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### **Phipps Bridge Youth Centre**

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. Sessions include use of gym equipment, Internet access, sports, arts and crafts, social club, healthy eating, cooking, music production, outdoor trips, dance, homework club, beauty care, pool and table tennis.

Cobham Court  
Haslemere Avenue  
Mitcham  
CR4 3PR

020 8274 5194  
[phipps.bridge@merton.gov.uk](mailto:phipps.bridge@merton.gov.uk)

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### **Pollards Hill Youth Centre**

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. Sessions include career workshops, Internet access, sports, social, healthy eating, cooking, nail art, music production, hair and beauty, outdoor trips, arts and crafts, residential stays, circuit training, boxing and fitness, football.

South Lodge Avenue  
Mitcham  
CR4 1LT

020 8274 5195  
[pollards.hill@merton.gov.uk](mailto:pollards.hill@merton.gov.uk)

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### **Prince's Trust Team Programme**

This is a course for young people aged 16-25 who are out of education or employment. It's designed to build confidence and skills to enable young people to get back on track with some work experience and a qualification in employability and community work. Sessions involve a one-week team building residential, a local community project, work experience, help in CV writing, interview practice and job applications and an awards ceremony at the end.

South Thames College Merton Campus  
London Road,  
Morden  
SM4 5QX

020 8408 6444  
<http://bit.ly/2gApXCD>

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### **Roundabout Drama Therapy**

This charity provides 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. Sessions work on topics like building trusting relationships, exploring and expressing feelings, developing social skills, developing creativity, improving self-image and confidence, imagination, self-advocacy and most importantly having fun.

Roundabout, Cornerstone House  
14 Willis Road  
Croydon  
CR0 2XX

020 8665 0038  
[info@roundaboutdramatherapy.org.uk](mailto:info@roundaboutdramatherapy.org.uk)

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### **The Gap - Lesbian Gay Bisexual and Transgender (LGBT) Youth Group**

Youth club on Fridays 6-8pm in Clapham Junction, for ages 13-19 (or up to 25 for those with Special Educational Needs (SEN) for those who identify as lesbian, gay, bisexual, transgender or questioning. A supportive space where you can feel free to be yourself.

07884425408

[www.wandsworth.gov.uk/gap](http://www.wandsworth.gov.uk/gap)  
[gap.youthclub@hotmail.com](mailto:gap.youthclub@hotmail.com)

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### **Merton LGBT+ Youth Club**

A hub space for young people to feel safe and secure; where they can be themselves without judgement from others. It aims to further the development of young lesbian, gay, bisexual, transgender and other young people, and to build their confidence to help them achieve their physical, mental, spiritual and social potential.

Kenneth Black House  
Martin Way  
Morden  
SM4 4AJ

[www.mertonlgbtforum.org.uk](http://www.mertonlgbtforum.org.uk)  
[nats@mertonlgbtforum.org.uk](mailto:nats@mertonlgbtforum.org.uk)

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### **Street League Lambeth**

Provides free football coaching sessions, employability workshops, one to one careers advice, progression and sport qualifications, access to a huge network of job and training opportunities those aged 16-25.

Canterbury Court  
Lambeth  
SW9 6DE

07584 504 870

[erkan.ibrahim@streetleague.co.uk](mailto:erkan.ibrahim@streetleague.co.uk)

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### **Youth Diversity Mitcham**

Aims to provide alternative education for children and young people who for a variety of reasons are not able to function in mainstream school settings.

Vestry Hall  
Mitcham  
CR4 3UD

020 8648 6052

[info@youthdiversityeducation.co.uk](mailto:info@youthdiversityeducation.co.uk)

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### **Endeavour youth club**

This is a local youth club in the Morden area which has many facilities including indoor 5-a-side football, table tennis, pool, air hockey, multi-media music studio, table football, volleyball, badminton, basketball, jewelry making, dance studio, XBox 360/ Xbox One, performing arts sessions, and a tuck shop.

Kenneth Black House  
Martin Way  
Morden  
SM4 4AJ

020 8540 3129

[www.endeavouryouthclub.com](http://www.endeavouryouthclub.com)

[endeavouryouthclub@blueyonder.co.uk](mailto:endeavouryouthclub@blueyonder.co.uk)

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### **Uptown UK - Dance Academy, Youth Club and Learning Centre**

The Dance Academy offers dance and drama taster workshops in contemporary and street dance; working in partnership with professional artists and theatre companies. The Youth Club and Learning Centre is a safe place to meet new friends, participate in a variety of activities and have fun. They work with and for young people aged 8 to 16, or up to 25 if you have a learning disability. Sessions are on Wednesdays and Fridays from 5pm to 8pm, and on Saturdays from 4pm to 7pm.

Uptown UK Learning Centre  
c/o High Path Community Centre  
South Wimbledon  
SW19 2JY

07957 112 260

[simmsjm@aol.com](mailto:simmsjm@aol.com)

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### **NCS (National Citizen Service)**

NCS is for those aged 15-17 and is designed to build skills for work and life by taking on new challenges and meeting new friends as well as boosting CVs, personal statements and UCAS forms.

[www.ncsthechallenge.org](http://www.ncsthechallenge.org)

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### **Dragon Cafe**

The Dragon Cafe is a charity cafe/centre in Southwark open on Mondays for people with mental health problems. They have optional activity sessions with different themes such as football, dance, mindfulness, creative writing and gardening as well as a whole day art station and a quiet section with beanbags.

[www.dragoncafe.co.uk](http://www.dragoncafe.co.uk)

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### **Bananas Art**

Bananas Art is a relaxed service user run art group for people recovering from serious mental health problems where materials are provided. The purpose of the group is to use art to help build confidence and self-esteem.

The Mallinson Room  
Wallington United Reformed Church  
Stanley Park Road  
Wallington  
Surrey SM6 OEU

[artaloud@hotmail.co.uk](mailto:artaloud@hotmail.co.uk)

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### **The WISH Centre**

This is an award winning peer support group for girls aged 12-19 who self-harm. They also offer a confidential counselling service for those aged 11-19 and an Independent Sexual Violence Advocacy Service for young people who have experienced current or historic sexual violence. The service offers confidential emotional and practical support, whether you have reported or not.

2-14/2-15 Peel House  
32-44 London Road  
Morden  
SM4 5BT

020 3740 9175  
07534 991931

[merton@thewishcentre.org.uk](mailto:merton@thewishcentre.org.uk)

Get confidential support from Safe2Speak: 07834 477981

[safe2speak@thewishcentre.org.uk](mailto:safe2speak@thewishcentre.org.uk)

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### **Wimbledon Guild**

Wimbledon Guild provide free counselling to young people 15- 18 years old (or at an affordable price for over 18s). You can self-refer and do not need parental permission. You can have up to 60 sessions.

1st Floor, Guild House,  
30-32 Worple Road,  
Wimbledon SW19 4EF

020 8296 0030

<http://www.wimbledonguild.co.uk/counselling.html>

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### **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](mailto:penny_meakin@btconnect.com)

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### **Sports Blast**

Free sports sessions for people aged 14-25 who live in the East of Merton. Sports Blast run a program of activities year-round in various locations across Mitcham, Morden and South Wimbledon. These include: tennis, multi-sports, BMX, boxing, yoga, Zumba and all-ability inclusive football.

020 8545 3716

[www.merton.gov.uk/sportsblast](http://www.merton.gov.uk/sportsblast)

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### **YMCA Wimbledon**

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

YMCA Wimbledon  
200 The Broadway  
Wimbledon  
SW19 1RY

020 8542 9055

[info.wimbledon@ymcalsw.org](mailto:info.wimbledon@ymcalsw.org)

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## NATIONAL CHARITIES AND HELPLINES

### **Samaritans**

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](mailto:jo@samaritans.org)

Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA

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### **Rethink Advice Line**

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. Monday to Friday 9:30am- 4pm. Or fill in an advice contact form on the website.

0300 5000 927

[www.rethink.org/about-us/our-mental-health-advice](http://www.rethink.org/about-us/our-mental-health-advice)

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### **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. Monday to Friday 9am-6pm.

0300 123 3393

Text: 86463

[info@mind.org.uk](mailto:info@mind.org.uk)

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### **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. They are there to help with whatever you want to talk about. You can call them, email them or instant message them on their website. Reasons for calling could include information about support groups for someone who thinks they are trans or non-binary, support for victims of homophobic abuse or discrimination, contact details for LGBT-friendly therapists, times and places for a local group and listening to concerns and questions of parents and carers who have children that identify as lesbian, gay, bisexual or transgender.

0300 330 0630 (10am- 10pm everyday)

[chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

<http://switchboard.lgbt>

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### **Coram Voice**

Coram Voice enables and equips children and young people to hold to account the services that are responsible for their care. They uphold the rights of children and young people to actively participate in shaping their own lives. They do this because we believe in a society which recognises and willingly accepts its responsibilities to children and young people, where the inequalities and discrimination they currently face have been eradicated, where they are fully engaged in all decisions made about their lives and where their views, needs and feelings are at the core of those decisions. Get in touch through their helpline, email, message on their website, text or write.

The Helpline  
Coram Voice  
Gregory House  
Coram Campus  
49 Mecklenburgh Square  
London  
WC1N 2QA

0808 800 5792 call between 9:30am- 6pm  
07758 670 369 (text)

[help@coramvoice.org.uk](mailto:help@coramvoice.org.uk)

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### **Missing People**

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. They have a 24 hour, confidential and free helpline, text-line and email service. The missing people service is there to offer non-judgmental support are experienced in dealing with people in all sorts of situations from young people finding themselves unsupported in care, people who have been sexually, physically or emotionally abused, family and relationship problems, bullying and mental health problems.

Call or text: 116 000  
[116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk)

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### **Brook**

Brook is a national charity for young people's sexual health and wellbeing. They have an ask Brook 24/7 tool where you can find the answer to any questions you have on anything from contraception to STI's to relationships and sex, pregnancy, gender, your body, services, health and wellbeing and staying safe online. Their nearest centres are also in Brixton and Southwark.

[www.brook.org.uk](http://www.brook.org.uk)

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### **Mermaids 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. The helpline offers emotional support, a gateway to the parents and teens forums and signposting to training and resources. If there is no-one available to talk to and your situation is urgent, please email.

0844 334 0550  
0344 334 0550

[info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk)  
[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

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### **Mikey's Line**

Mikey's line provides a contact point for any young people feeling lonely. They offer an ear for the desperate and can give some direction to those without hope. By using a text line as opposed to a phone call it gives both parties total anonymity and avoids the sometimes embarrassment of unloading yourself in a conversation with a total stranger. Their friendly and helpful volunteers can offer you an understanding, non-judgmental peer support and a shoulder to lean on. They are open 7pm Friday to 7am Monday.

07779 303 303  
[www.mikeyline.co.uk](http://www.mikeyline.co.uk)

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### **Muslim Youth Helpline**

MYH is a national charity that provides free and confidential faith and culturally sensitive support services for vulnerable young people in the UK including a free and confidential Helpline, available nationally via the telephone, email, live chat text and letters. The service uses male and female volunteers mostly under the age of 30 and by providing safe spaces in which we listen, we are breaking the taboos of silence that prevent young Muslims from talking about their problems. Young people from all backgrounds contact the Helpline and we never turn anyone away. They do not propagate any religious or political beliefs and seek only to provide relief to and improve the social condition of vulnerable young people in the UK through compassion, empathy, non-judgement and tolerance. We recognise that it's the fear of condemnation and judgment that keeps young people in our communities locked in a silent cycle of suffering. Open 365 days a year 6pm-12am Monday to Friday and 12pm-12am Saturday and Sunday.

Freephone: 0808 808 2008  
Live chat on their website: <http://myh.org.uk>  
Email: [help@myh.org.uk](mailto:help@myh.org.uk)

Post: MYH FREEPOST RLZS-XJGE-JLBH

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## **Papyrus**

Papyrus is a charity dedicated to the prevention of young suicide. Papyrus' confidential hope-line is for young people thinking about suicide, or loved ones concerned about a young person. Open 10am-10pm weekdays, 2pm-5pm weekends and 2pm-5pm bank holidays. They also deliver awareness and prevention training, provide confidential support and suicide intervention.

Call: 0800 068 41 41

Text: 07786 209697

[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

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## **Head Meds**

Head Meds is a website that is designed to provide information on mental health conditions and medications for young people. It includes information that young people may feel unable to ask including medication affects on sex, drugs and alcohol as well as normal info on symptoms and side effects. Their website has lots of top tips and tools to educate people in mental health.

[www.headmeds.org.uk](http://www.headmeds.org.uk)

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## **National Association for Children of Alcoholics (NACO)**

NACO provides a helpline and email support for children of alcoholics of any age. They advocate the 6 C's: 1) I didn't cause it 2) I can't control it 3) I can't cure it 4) I can take care of myself 5) I can communicate my feelings 6) I can make healthy choices. If you would like to talk to someone, they also have a free confidential helpline offering you information and ongoing support for all ages. There is no need to give them your name and your call won't show up on a landline bill.

0800 358 3456

[helpline@Nacoa.org.uk](mailto:helpline@Nacoa.org.uk)

[www.nacoa.org.uk/young-people.html](http://www.nacoa.org.uk/young-people.html)

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## **The Mix**

The Mix is an organisation that says it's there to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people 13-25 may have. They have a helpline and online instant chat on their website to provide support and advice on topics such as mental health, sex & relationships, your body, drink & drugs, housing, money, work & study, crime & safety and travel & lifestyle. 11am-11pm.

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk)

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### **B-eat**

B-eat is a national charity for eating disorder and has a huge amount of useful information on their website including how you can get involved. They have a youth helpline for anyone under 18 and an adult helpline were a parent, carer or professional want to talk about a young person they are concerned about. As well as this they have message boards/forums on their website, online and real life support groups, regional projects and a way to find services near you.

0345 634 7650  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

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### **Childline**

Childline is a free helpline for young people where they can have space to talk about anything and get support in an anonymous and confidential way. Call, talk to a counsellor online on their website or email.

0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

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### **Stonewall**

Stonewall is a charity for lesbian, gay, bisexual and transgender (LGBT) young people, who aim to unite people and provide support, information and advice. You can ask questions on their website and look at their information on things such as coming out, discrimination, and bullying.

0800 050 2020  
[www.stonewall.org.uk](http://www.stonewall.org.uk)

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### **LGBT Foundation**

LGBT Foundation is a charity for people who identify as LGBT (lesbian, gay, bisexual or transgender). The foundation offers information on relevant topics, advice on how to get involved and a range of ways to get support.

0345 3 30 30 30  
[helpline@lgbt.foundation](mailto:helpline@lgbt.foundation)  
<https://lgbt.foundation>

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### **Anxiety UK**

Anxiety UK is a national charity to help those struggling with anxiety. The website includes information on anxiety-related mental health problems, services they offer and self help groups. They have a helpline and textile 9:30am-5:30 Monday to Friday.

08444 775 774 (call)  
07537 416 905 (text)  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

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### **Blurt Foundation**

Blurt aim to increase awareness and understanding of depression. They have a peer support group on Facebook and a subscription scheme to buying buddy boxes which are monthly packages filled with self-care surprises.

[www.blurtitout.org](http://www.blurtitout.org)

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### **CALM – Campaign Against Living Miserably**

CALM is a national charity which aims to target the issue of men’s mental health. They provide a helpline for young men who are feeling ‘down’ or under pressure; whether they need to talk, or to find information and support. Open 5pm–midnight, 365 days a year, with translation available on request for those who need it.

0808 802 58 58

<https://www.thecalmzone.net/help/get-help/> (Webchat)

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### **FRANK**

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 (24 hrs a day)

[www.talktofrank.com](http://www.talktofrank.com) (online chat 2pm-6pm)

82111 (text)

[frank@talktofrank.com](mailto:frank@talktofrank.com)

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### **Self Injury Support**

Self Injury Support is a national charity addressing self-harm in women and girls. They have lots of advice on their website about different coping strategies and self-help tools as well as a helpline, textile, web chat and email for women and girls up to the age of 24 for confidential emotional support.

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk) (Webchat) Sun to Thurs 7-9pm

0780 047 2908 (text) Sun to Thurs 7-9pm

0808 800 8088 (call FREE) Tues to Thurs evenings 7-10pm

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### **Sane**

Sane is a national mental health charity. For emotional support, they have a helpline, online forum, text-line and letter writing service. They also have an online community called the Black Dog Tribe where people can support each other.

0300 304 7000 Helpline available from 6pm - 11pm

Textcare: Arrange for messages of support at times that are right for you

[www.sane.org.uk/home](http://www.sane.org.uk/home)

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### **No Panic**

No Panic is a national charity that supports people who suffer with issues surrounding anxiety, panic, phobias and obsessive compulsive disorder. They have a lot of information and self-help guidance on their website as well as a youth helpline for 13 to 20 year olds that is open Monday to Friday 3-6pm.

01753 840393

[www.nopanic.org.uk](http://www.nopanic.org.uk)

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### **OCD UK (Obsessive Compulsive Disorder)**

OCD UK is a national charity that supports people with Obsessive Compulsive Disorder. They have a lot of advice and signposting to support on their website as well as an advice line and email support service open Monday to Friday 9am-5pm.

0845 120 3778.

[support@ocduk.org](mailto:support@ocduk.org)

[www.ocduk.org](http://www.ocduk.org)

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### **OCD Action**

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. As well as this they have a youth website with an e-helpline.

0845 390 6232 (open 9:30-5pm)

[support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)

[www.ocdyouth.org](http://www.ocdyouth.org)

[www.ocdaction.org.uk](http://www.ocdaction.org.uk)

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### **Bullying.co.uk**

Is a website providing advice and support around issues to do with bullying; it has a dedicated section on cyberbullying and its 'advice for young people' section also contains information about healthy relationships and recognising abusive behaviours. It also offers a confidential 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 and Sunday.

0808 800 2222

[www.bullying.co.uk](http://www.bullying.co.uk)

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### **Victim Support**

Specialist teams deliver tailored support to help people recover from the effects of crime and traumatic events. Services are free and confidential.

0808 168 9111

<https://www.victimsupport.org.uk/>

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### **Bipolar UK**

Supports all people affected by bipolar, including those who have a diagnosis, people who are waiting for one, and carers or family members. Their online eCommunity support has a dedicated area for people aged 18-25 to discuss the challenges they face, and to share their experiences with others. It's free to join and is available 24 hours a day. Their website has information leaflets to download, and an interactive map of local support groups.

0333 323 4459

[youth@bipolaruk.org](mailto:youth@bipolaruk.org)

<https://www.bipolaruk.org/youth>

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### **National Domestic Violence Freephone Helpline**

This 24 hour helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence or emotional abuse, which can also advise family, friends, colleagues and others calling behalf of someone they are worried about. All calls are completely confidential. They have translation facilities for callers whose first language is not English, and a service for callers who are deaf or hard of hearing are available.

0808 2000 247

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### **Health Help Now**

Is an app developed by Merton Clinical Commissioning Group which lists common symptoms and offers suggestions for treatment, based on your location and the time of day, with the one that works best for most people listed first. It also lists local services and shows when they are open or closed, their location and directions. Plus details of useful websites and helplines for a variety of problems. You can download it from the App Store or Google Play, or access the same information via a web browser.

[www.healthhelpnow-nhs.net](http://www.healthhelpnow-nhs.net)

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### **Doc Ready**

Doc Ready is a digital tool that helps young people to prepare and make the most out of mental health related GP visits. It helps young people to know what to expect during a GP consultation, plan what to say and record the outcomes of their appointments. Doc Ready was designed and developed with young people and is very simple to use.

[www.docready.org](http://www.docready.org)

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### **Child bereavement UK**

This is an information website aimed at supporting young people grieving for someone close to them who they have lost or who is seriously ill. They run a helpline and have also worked with a group of bereaved young people to develop an app for 11-25 year olds who have been bereaved of someone important to them. It includes stories from bereaved young people as well as short films that they have written and made. The app aims to help bereaved young people feel less alone and to inspire others on how to support them and is available from the App Store.

0800 028 8840

[www.childbereavementuk.org](http://www.childbereavementuk.org)  
[support@childbereavement.org.uk](mailto:support@childbereavement.org.uk)

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### **Stem4**

This charity has developed an app called Calm Harm providing tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected. The app is developed for stem4 by Dr Krause, Consultant Clinical Psychologist, using ideas from an evidence-based therapy called DBT. It is free to download from the App Store and Google Play.

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

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## ACTIVITY IDEAS

### **Table tennis and Badminton Social Group**

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. Call Chhabra, who runs the group, for more info.

Colliers Wood Community Centre  
66-72 High Street  
Colliers Wood,  
London  
SW19 2BY  
07702 634359

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### **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

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### **South Thames College**

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](mailto:info@south-thames.ac.uk)

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### **CityLit**

City lit offer part time and evening courses in London on everything and anything. With more than 5,000 courses every year, the choice is huge. You can search by subject, or keyword and filter your results by day, duration and price to find a course that fits your own requirements.

[www.citylit.ac.uk](http://www.citylit.ac.uk)

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### **Walk4Life**

A website where you can create and find local walks as well track your miles. You can also find local walking groups.

[www.walk4life.info](http://www.walk4life.info)

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### **Meetup**

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.

[www.meetup.com](http://www.meetup.com)

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### **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.

Croydon Steel Orchestra, Fairchildes Panyard  
Fairchildes Avenue  
Croydon  
CR0 0AH

07956 147582

[paul@croydonsteelorchestra.co.uk](mailto:paul@croydonsteelorchestra.co.uk)

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### **Geocaching**

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. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location.

[www.geocaching.com/play](http://www.geocaching.com/play)

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### **Carshalton Community Gardens**

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. Enjoy the outdoors, meet other people in a quiet and relaxed environment, learn new skills, get a bit of exercise and take free fresh veg home. Mondays 1.00pm – 3.00pm Fridays 10.30am – 12.30pm Just bring wellies or other shoes you don't mind getting muddy and warm clothes if it's cold! They also have a hut, toilet, benches and tea making facilities. Under 18s must be accompanied by an adult.

Westmead Allotments  
Colston Avenue  
Carshalton  
Surrey  
SM5 2PW

020 8404 1522

[www.ecolocal.org.uk/project-detail.php?id=113](http://www.ecolocal.org.uk/project-detail.php?id=113)

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### **Dig Merton**

Dig Merton is a community gardening and food growing scheme as part of Sustainable Merton. They plant fruit, vegetables and wild flowers on public land across the borough.

Sustainable Merton  
The Old Boiler House  
Morden Hall Park  
Morden Hall Road  
SM4 5JD

020 3417 0476

[sustainablemerton@googlemail.com](mailto:sustainablemerton@googlemail.com)

[www.sustainablemerton.org](http://www.sustainablemerton.org)

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### **Oxygen Free Jumping**

Oxygen Free Jumping is a trampoline park in Acton you book a place at that has 150 connected trampolines, an obstacle course, foam pit, dodgeball, runway and airbag! It's therapeutic exercise that's fun. Open 10-9pm 7 days a week, £12.50 per hour.

Oxygen Freejumping  
Unit 15 Vision Industrial Park  
Kendal Avenue  
London  
W3 0AF

0203 846 1386

[www.oxygenfreejumping.co.uk](http://www.oxygenfreejumping.co.uk)

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### **Merton Abbey Mills Pottery Wheel Classes**

Pottery throwing lessons on the potter's wheel in the Wheelhouse at Merton Abbey Mills for both beginners and advanced, adults and kids aged 8 to 98. Small group classes are on Saturday. Lessons must be booked and paid for in advance. To book your lesson or for more information call them or contact them on their website.

Stephen Llewellyn Pottery  
The Wheelhouse  
Merton Abbey Mills  
Merantun Way  
London  
SW19 2RD

0208 647 0076 (weekdays)

0208 543 6656 10am-5pm (Saturday/Sunday)

[www.stephenllewellynpottery.co.uk/classes.htm](http://www.stephenllewellynpottery.co.uk/classes.htm)

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### **Funzing**

Funzing is a website where you can find and book on activities happening near you like workshops, tours, group meals, lectures and more based on shared hobbies, knowledge or talents. They set this up to discover exciting new ways to spend evenings and weekends where we could participate in experiences with other like-minded individuals.

[uk.funzing.com](http://uk.funzing.com)

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### **Pottery Cafes**

Pottery Cafes are therapeutic and fun. Turn up and choose a piece such as a mug or vase or plate and paint it with the paints and stencils that they have available in any design you want. Then they send it off to get glazed and you pick it up when it comes back. Below is a list of some of the local ones.

<http://bit.ly/2jq1uEz>

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### **Totally Clapham**

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.

[www.totallyclapham.co.uk/art-classes](http://www.totallyclapham.co.uk/art-classes)

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### **Merton Family Services Directory**

Find even more local activities aimed at children and young people, organized by category and searchable by keywords. The online Family Services Directory is compiled and kept up to date by Merton council.

<http://bit.ly/2jpX3d7>

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## VOLUNTEERING OPPORTUNITIES

### **VolunteerMerton – Merton Voluntary Service Council (MVSC)**

Everyone can volunteer – from all cultures, abilities, backgrounds and age groups. MVSC has hundreds of local volunteering opportunities and can help you find the perfect one that matches your interests, skills and availability. As well as a website filled with live local opportunities, they have a dedicated Youth Volunteering programme working to support 16-18 year olds, enabling them to volunteer and supporting them to use that experience to enhance their personal development and employability skills. If you have a disability or mental health issue, they can put you in touch with the appropriate support to volunteer. They also have a Youth Befriending programme, aimed at connecting young people aged 14-18 with a befriender aged 18-25, who can support them to access services, overcome personal barriers and try new things.

Merton Voluntary Service Council  
Vestry Hall  
336-338 London Road  
Mitcham  
CR4 3UD

020 8685 1771  
[info@mvsc.co.uk](mailto:info@mvsc.co.uk)  
[www.volunteermerton.org.uk](http://www.volunteermerton.org.uk)

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### **Healthwatch Merton**

Healthwatch Merton is offering you the chance to volunteer and have your say on health and social care services in Merton. There is a designated staff member to support young people to contribute and have their voices heard. Getting involved can be as flexible and informal as you wish it to be, though there are a number of formal volunteering roles too.

Healthwatch Merton  
Vestry Hall  
336-338 London Road  
Mitcham  
CR4 3UD

020 8685 2282  
[info@healthwatchmerton.co.uk](mailto:info@healthwatchmerton.co.uk)

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### **Do-it**

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

[do-it.org](http://do-it.org)

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### **CAMHs Young Person Involvement**

Laura Tyrell is the designated staff member from South West London St George's Mental Health Trust who's role is to involve young people who've used CAMHs (Child and Adolescent Mental Health Services), enabling them to have an influence. She can support young people to participate in whatever way is comfortable, however often they wish. The projects you can get involved in vary but often include being on an interview panel, advising staff, learning skills like debating and attending meetings to represent young people.

07779440836

[camhsparticipation@swlstg-tr.nhs.uk](mailto:camhsparticipation@swlstg-tr.nhs.uk)

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### **Time to Change**

Time to change is a campaign to get rid of the stigma and discrimination surrounding mental health and illness. They recruit 'Champions' online who receive support and training to tell their story and speak out at local Time to Change events. These range from manning stalls to speeches at events and a Champion is free to be as involved or not involved as they want, only doing what they feel comfortable with. Champions are people who have had experience of mental ill health.

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

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### **Young Minds**

Young Minds is the national charity regarding mental health in young people (under 25s.) It offers information around conditions, a helpline for parents and campaigns. They also recruit 'Young Activists' who are young people passionate about mental health who receive support and training to speak and help out at events.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

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### **Fixers**

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. Then they use digital, print and broadcast media to make their voice heard as far and wide as possible.

[www.fixers.org.uk](http://www.fixers.org.uk)

[talk2me@fixers.org.uk](mailto:talk2me@fixers.org.uk)

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**Young People in Merton - Mental Health Directory**

**By Beth Ingram  
(Healthwatch Merton Young Volunteer)**

Vestry Hall  
London Road  
Mitcham  
CR4 3UD

T: 020 8658 2282  
E: [info@healthwatchmerton.co.uk](mailto:info@healthwatchmerton.co.uk)  
W: [www.healthwatchmerton.co.uk](http://www.healthwatchmerton.co.uk)

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