



Information service for people living,
working or studying in Merton.

Merton Civic Centre, London Road,
Morden SM4 5DX
Telephone: 020 8545 4710
Text phone: 020 8545 4356
Fax: 020 8274 4932
E-Mail: info@care-connect.info

Mental Health Services in Merton

***Age Concern – Merton**

227 London Road, Mitcham CR4 3NT
Telephone 020 8648 5792
Office hours 9am – 5pm

A new service for older people living in Merton from Age Concern Merton (ACM) and Sutton & Merton Psychological Therapies in Primary Care (PTiPC) - Are you worried about feeling isolated, lonely or sad? Do you feel invisible and that you have lost your "get up and go"? If so, you are not alone - many of us will experience symptoms of depression and worry/anxiety during our lives. ACM and PTiPC have united to deliver a new service based at Age Concern Merton and designed with older people in mind. The service will offer comprehensive support through a range of therapies found to be effective for anyone experiencing these common problems. For further information or queries contact Lynne on 020 8648 5792.

***Imagine (Merton) – Contact:** Laurie Sindoni-Jones
95 Miles Road, The Generator Centre, Mitcham CR4 3FH
Telephone: 0208 408 1612 Extension 13
Website: www.imaginementalhealth.org.uk

Imagine work with mental health service users to promote social inclusion through accessing vocational, educational, volunteering, faith and cultural, and sports and leisure opportunities within the community.

Women's Drop-in: Monday 10.30-2.30, any woman can go irrespective of mental health needs. Services offered: manicure, pedicure, group therapy, crafts. Can self refer, don't need to be referred. Venue: 40 Spencer Hill Road, Wimbledon SW19 - Contact: Ranjanie on 07816 130635.

Services for everyone: Monday afternoon: 4-7.30 at Methodist Church, South Wimbledon.
Cost £1 - full buffet available.

Tuesday 10-3 at Methodist Church, South Wimbledon. Art group, head and shoulder massage, counselling, buffet for £1.50.

Friday 10-3 at Pollards Hill, renting a room from the Horizon Club, with buffet, exercise class and group counselling.

Leap Forward Employment

Unit 123 Lombard Business Park, 8 Lombard Road, South Wimbledon, London SW19 3TZ
Telephone: 07989 755803 contact Doug Goldsack
Website: Leap.Forward@ovi.com

Launch of Leap Forward Employment - Leap Forward Employment will be opening its employment service for adults with a mental health diagnosis on 1 December 2009. This service is open to people living in the London Borough of Merton who would like to explore the possibility of going back into paid work; there is no pressure or compunction. This is a unique peer support project run by service users, building on 16 years of experience within similar Rethink services.

***Merton MIND (Merton Association for Mental Health)**

The Vestry Hall, London Road, Mitcham CR4 3UD
Telephone: 020 8648 6565

For elderly people with long term mental health problems, dementia and their carers. Day care is offered at the Cumberland Day centre for 6 days a week for older people with dementia and their carers. Individual counselling and group work is available for carers.

Mind National Helpline

Tel: 08457 660 163
Email: contact@mind.org.uk
Web: www.mind.org.uk

***Rethink Advice Service (Previously National Schizophrenia Society)**

Tel: 020 8974 6814 (Mon/Wed/Fri 10-3, Tue/Thu 10-1). Emergency Helpline 0800 028 8000.

Contact: Laura Johnson (Phone: 020 8542 3657) or John Sasportas (Phone: 020 8947 1171)

Website: www.Masrethink.org.uk

Medication advice from Springfield Pharmacy: 8772 5484

24-hr emergency help line for users & carers in Merton & Sutton 0800 028 8000

The Merton & Sutton branch of Rethink meets at the Wimbledon Guild, 30-32 Worples Road, Wimbledon at 7.30pm on the last Monday of every month. The group offers advice, information and support for carers and sufferers, both at meetings and on the telephone. Speakers include psychiatrists and other mental health professionals, pharmacists and benefits advisors. If someone in your family is developing, or has, a serious mental health problem such as schizophrenia or bi-polar disorder, do come along to this friendly self-help group.

The group also runs a group for service users, the Wimbledon Wednesday Club, which meets every Wednesday from 5-8pm at the Wimbledon Guild, 30-32 Worple Road, Wimbledon. This group is user led and is for mutual support and friendship. Quality nutritious food and non-alcoholic drinks available at cost, tea, chatting, interactive events, quizzes, games, outings, social and support groups. Contact: Jim Mitchell 07896 989218. Also runs an advocacy service at Springfield Hospital for service users and carers. Contact on 020 8682 6739 or write to Rethink – Springfield Advocacy Service, Springfield University Hospital, 61 Glenburnie Road, London SW17 7DJ, or contact through ward visits.

Rethink national address: Rethink, 89 Albert Embankment SE1 1TP. Tel. 0845 456 0455. Website: www.rethink.org

Other Useful Numbers

For support and information about mental health issues

Manic Depression Fellowship Greater London

Tel: 0207 793 2600 or 08456 340 540

Fax: 0207 793 2639

E-Mail: mdf@mdf.org.uk

Web: www.mdf.org.uk

Saneline

Phone (Administration) 020 7375 1002

Phone (Helpline SANELINE) 0845 767 8000

Facsimile 020 7375 2162

Email sanemail@sane.org.uk

Website www.sane.org.uk

SANE is a national mental health charity which aims to raise awareness of mental illness and campaign to improve services and initiate and fund research into the causes of serious mental illness through its research centre. Information and emotional support is also provided to anyone affected by mental illness via the helpline, SANELINE and by email.

Samaritans

Tel: 08457 909 090

Website: www.Samaritans.org

E-mail: jo@samaritans.org

Maudsley Medication Helpline

Tel: 0207 919 2999 – Mon-Fri 11am to 12.30 and 2 to 5pm

Freephone: 0800 7312864

STATUTORY MENTAL HEALTH SERVICE PROVIDERS (source: mental health service mapping and strategies)

Community Mental Health Team

The Lodge, Nelson Hospital, Kingston Road, Raynes Park
London SW20 8DB

Consultant psychiatrist: Dr P Brain

Wimbledon - Telephone: 020 8544 9799 Fax: 0208 544 9033

Morden - Telephone: 8254 1000 Fax: 020 8254 1025

Community Mental Health Team

The Wilson, Cranmer Road, Mitcham CR4 4TP

Consultant psychiatrist: Dr Michael Yates

Mitcham East - Telephone: 020 8254 1030 or 8687 4714 Fax: 020 8687 6960

Mitcham West - Telephone: 020 8687 4766 Fax: 020 8687 6960

Emergency Duty Team (out of hours) – 020 8770 5000

Access and Crisis Services

Crisis Resolution Home Treatment Team

Merton and Sutton Crisis Response and Home Treatment Team

Address:	Nelson Hospital, Memorial Wing, Kingston Road,, Raynes Park, London, SW20 8DB
Telephone:	0800 028 8000
Telephone Opening Times:	24hrs, 7 Days a Week
E-mail:	karen.hutchinson@swlstg-tr.nhs.uk
Website:	http://www.swlstg-tr.nhs.uk/
Opening Hours:	24hrs, 7 Days a Week
Referral Methods:	Care Co-ordinator; Primary Care Mental Health Team

Early Intervention in Psychosis

Service

Merton, Sutton and Wandsworth Early Intervention Team

Address: Fir Tower, 61 Glenburnie Road, Tooting, London SW17 7DJ

Telephone: 0208 682 6571

Telephone Opening Times: 9am - 5pm, Mon - Fri

Fax Number: 0208 682 6012

E-mail: neil.hickman@swlstg-tr.nhs.uk

Opening Hours: 9am - 5pm, Mon - Fri

Description: The purpose of the early intervention service is to identify the onset of psychosis, in those aged between 17 and 35 years of age. Intervening early in the course of the disease can prevent initial problems and improve long-term outcomes.

Referral Methods: Specialist Mental Health Service

Accommodation

Staffed Group Home

Address: 17 Bradshaw Close, Queens Road, Wimbledon, London, SW19 8NB

Telephone: 0208 944 1848

Telephone Opening Times: 24hrs, 7 Days a Week

Fax Number: N/A

E-mail: ola.salako@swlstg-tr.nhs.uk

Website: <http://www.swlstg-tr.nhs.uk/>

Opening Hours: 24hrs, 7 Days a Week

Description: Although most people are able to progress with the help of the Community Mental Health Teams and short term hospital care, there are users who benefit from more intensive continuing specialist support. A wide range of support and treatment is provided to help users make the most of their lives. Bradshaw is a community based supported accommodation provided in conjunction with local Housing Associations

Referral Methods: Specialist Mental Health Service

Supported Housing

Layton House

Address: 152-154 Worples Road , Wimbledon, London, SW20 8QA
Telephone: 0208 947 9575
Telephone Opening Times: 24hrs, 7 Days a Week
Opening Hours: 24hrs, 7 Days a Week
Description: Ability Housing Association are funded through Supporting People to provide high level supported accommodation and move on accommodation with floating support
Referral Methods: Any Referrals Accepted; Through local authority nomination panel

London Borough of Merton Housing Support Team

Address: Civic Centre , Morden, Surrey, SM4 5DX
Telephone: 0208 545 3841
Telephone Opening Times: 9am - 5pm, Mon - Fri
Fax Number: 0208 545 3521
E-mail: supportingpeople@merton.gov.uk
Website: <http://www.merton.gov.uk/supportingpeople>
Opening Hours: 9am - 5pm, Mon - Fri
Description: A range of accommodation and floating support services for clients with mental health problems.
Referral Methods: Any Referrals Accepted

The Housing Support Team

Address: Civic Centre , Morden , Surrey, SM4 5DX
Telephone: 0208 545 4881
Telephone Opening Times: 9am - 5pm, Mon - Fri
Fax Number: 0208 545 3521
E-mail: bernadette.nicholas@merton.gov.uk
Website: <http://www.merton.gov.uk>
Opening Hours: 9am - 5pm, Mon - Fri
Description: Adult placements
Referral Methods: Any Referrals Accepted; via a panel

Address: 6 & 7 Waldemar Road, Wimbledon, London, SW19 7LG
Telephone: 020 8944 1848
Telephone Opening Times: 8am to 8pm

Opening Hours: 8am to 8pm
Description: Although most people are able to progress with the help of the community mental health team and short term hospital care, there are users who benefit from more intensive continuing specialist support. A wide range of support and treatment is provided to help users make the most of their lives. Waldemar is a community based supported accommodation provided in conjunction with local housing associations.
Referral Methods: Specialist Mental Health Service

Clinical Services

Acute Inpatient Unit/Ward

Jupiter

Address: Springfield Hospital, 61 Glenburnie Road, Tooting, London, SW17 7DJ
Telephone: 0208 682 6475
Telephone Opening Times: 24hrs, 7 Days a Week
Fax Number: 0208 682 6640
E-mail: robson.tanhara@swlstg-tr.nhs.uk
Opening Hours: 24hrs, 7 Days a Week
Description: The ward offers a MDT assessment, treatment and rehabilitation service. The ward comprises of 23 beds of which 17 are allocated to Merton residents.
Referral Methods: Specialist Mental Health Service; A & E

Seacole

Address: Springfield Hospital, 61 Glenburnie Road, Tooting, London, SW17 7DJ
Telephone: 020 8682 6289
Telephone Opening Times: 24hrs, 7 Days a Week
Fax Number: 020 8682 6844
E-mail: paul.ekwuruke@swlstg-tr.nhs.uk
Opening Hours: 24hrs, 7 Days a Week

Merton Mental Health Learning Disability Team

Address: Orchard Hill, Fountain Drive, Carshalton, Surrey, SM5 4NN
Telephone: 020 8770 8057
Telephone Opening Times: 9am - 5pm, Mon - Fri
Fax Number: 020 8770 8092
E-mail: sonya.clinch@swlstg-tr.nhs.uk
Website: <http://www.swlstg-tr.nhs.uk>

Opening Hours: 9am - 5pm, Mon - Fri

Description: A community team providing a specialist service for assessment, diagnosis and treatment of adults who have learning disabilities and complex mental health problems and/or severely challenging behaviour. The team also helps people with learning disabilities access generic mental health services through agreed protocols, multi-disciplinary consultation and liaison.

Referral Methods: Specialist Mental Health Service; Learning Disability Community Team

[Rehabilitation or Continuing Care Team](#)

[Norfolk Lodge](#)

Address: 24-26 Norfolk Road, Colliers Wood, London, SW19 2HE
Telephone: 020 8544 1526
Telephone Opening Times: 24hrs, 7 Days a Week
Fax Number: 020 8540 9474
E-mail: sam.lartey@swlstg-tr.nhs.uk
Website: <http://www.swlstg-tr.nhs.uk/>
Opening Hours: 24hrs, 7 Days a Week
Referral Methods: Specialist Mental Health Service

[Residential Rehabilitation Unit](#)

[Mayfield House \(Merton\)](#)

Address: Orchard Hill, Fountain Drive, Carshalton, Surrey, SM5 4NR
Telephone: 020 8770 8281
Telephone Opening Times: 24hrs, 7 Days a Week
Fax Number: 020 8770 8410
E-mail: jane.watts@swlstg-tr.nhs.uk

Website: <http://www.swlstg-tr.nhs.uk/>
Opening Hours: 24hrs, 7 Days a Week
Description: Mayfield House is a rehabilitation/step down unit. The service is aimed at people whose nature and degree of mental health needs is such that they are not yet safe enough to live in the community. The purpose of admission would be to enable them to develop skills necessary to live in the community and also for staff to develop skills necessary to care for them. The ethos of this service will be to provide structure and predictability informed by intensive assessments leading to communicable support management plans.

Referral Methods: Specialist Mental Health Service

Other Specialist Mental Health Services

[Inpatient care - Older Adult Acute Assessment](#)

[Poplar Ward](#)

Address: Springfield Hospital, Jubilee Building, 61 Glenburnie Road, SW17 7DJ
Telephone: 02086826328
Telephone Opening Times: 24hrs, 7 Days a Week
E-mail: sheila.lutchmiah@swlstg-tr.nhs.uk
Description: Older people who have mental health needs are cared for by specialist multi-disciplinary teams in three main settings: an inpatient ward (Poplar) which provides assessment, treatment and extended care facilities in relaxed and homely environments
Referral Methods: Specialist Mental Health Service

[Integrated Community Mental Health Team](#)

[Merton Older People CMHT](#)

Address: Springfield Hospital, Jubilee Building, 61 Glenburnie Road, SW17 7DJ
Telephone: 020 86826328
Telephone Opening Times: 9am - 5pm, Mon - Fri
E-mail: dick.dickinson@swlstg-tr.nhs.uk
Opening Hours: 9am - 5pm, Mon - Fri
Description: Community Mental Health Teams provide a responsive

and needs led service that supports Older People to remain living in the community for as long as possible.

Referral Methods:

GP / Local Doctor Referral; Primary Care Mental Health Team; St George's geriatric wing

Personality Disorder Service

[Henderson Hospital \(Merton\)](#)

Address:

2 Homeland Drive, Sutton, Surrey, SM2 5LT

Telephone:

020 8661 1611

Telephone Opening Times:

24hrs, 7 Days a Week

Fax Number:

020 8770 3676

E-mail:

steve.mccluskey@swlstg-tr.nhs.uk

Website:

<http://www.swlstg-tr.nhs.uk>

Opening Hours:

24hrs, 7 Days a Week

Description:

One year residential treatment based therapeutic community for people with severe personality disorders with preparation and follow up. Training and consultation provided across the regions.

Referral Methods:

Care Co-ordinator; GP / Local Doctor Referral; Primary Care Mental Health Team; Specialist Mental Health Service

[Personality and Adjustment Disorders Service \(Merton\)](#)

Address:

Clare House, St George's Hospital, Blackshaw Road, Tooting, London, SW17 0QT

Telephone:

020 8725 3860

Telephone Opening Times:

9am - 5pm, Mon - Fri

E-mail:

king.quarcoo@swlstg-tr.nhs.uk

Website:

<http://www.swlstg-tr.nhs.uk>

Opening Hours:

9am - 5pm, Mon - Fri

Description:

The service provides care programmes for the following groups of moderately disturbed patients with personality disorder. Mothers and/or fathers experiencing difficulties parenting their children; adolescents and young adults suffering from adjustment problems or identity disorders or other conditions; individuals incapacitated by chronic

personality disorder; persons of ethnic minority backgrounds who have experienced feelings of neglect or abuse.

Referral Methods: Care Co-ordinator; Specialist Mental Health Service; CMHT

Primary and Community Care - Day Services

Day Hospitals/ Treatment Services

Jubilee Day Hospital

Address: Springfield Hospital, Jubilee Building, 61 Glenburnie Road, SW17 7DJ

Telephone: 0208 682 6327

Telephone Opening Times: 9am - 5pm, Mon - Fri

E-mail: sew.chiang@swlstg-tr.nhs.uk

Opening Hours: 9am - 5pm, Mon - Fri

Referral Methods: Specialist Mental Health Service

Psychological Therapy Services

Psychology Therapies and Counselling Services

Adult Psychotherapy Services

Address: Harewood House, 61 Glenburnie Road, Tooting, London, SW17 7DJ

Telephone: 0208 682 6681/6454

Telephone Opening Times: 9am - 5pm, Mon - Fri

Fax Number: 0208 682 6476

Opening Hours: 9am - 5pm, Mon - Fri

Description: Services offers a psychodynamic psychotherapy to adult patients over the age of 18 years, residing in the boroughs of Merton and Wandsworth and is offered on an out patient basis only. There is no emergency service.

Referral Methods: GP / Local Doctor Referral; Specialist Mental Health Service

[Psychological Therapies in Primary Care](#)

Address: Nelson Hospital, Falkland Wing, Kingston Road,, Raynes Park, London, SW20 8DB

Telephone: 020 8252 0546

Telephone Opening Times: 9am - 5pm, Mon - Fri

Fax Number: 020 8296 0255

E-mail: kathy.lowe@swlstg-tr.nhs.uk

Website: <http://www.swlstg-tr.nhs.uk/>

Opening Hours: 9am - 5pm, Mon - Fri

Description: The purpose of this service is to help the PCT address standards 2 & 3 of the NSF for MH through the provision of good quality, effective mental health services for patients who do not require highly specialist mental health care. The service offers: advice, guidance, counselling and psychological therapy.

Referral Methods: GP / Local Doctor Referral; Self Referral; Specialist Mental Health Service

[Psychotherapy Service for People with Learning Disabilities \(Merton\)](#)

Address: Joan Bicknell Centre, Burntwood Lane, Springfield University Hospital, Tooting, London, SW17 7DJ

Telephone: 020 8700 0474

Telephone Opening Times: 9am - 5pm, Mon - Fri

E-mail: David.Cotson@swlstg-tr.nhs.uk

Website: <http://www.swlstg-tr.nhs.uk/>

Opening Hours: 9am - 5pm, Mon - Fri

Description: A specialist psychotherapy service for adults with learning disabilities who cannot use generic psychotherapy services.

Referral Methods: Learning Disability Community Team

Support Services

Self-help and Mutual Aid Group - Adult

SUN Project (Merton)

Address:	Springfield University Hospital, Glenburnie Road, Tooting, London, SW17 7LT
Telephone:	020 8772 5558
Telephone Opening Times:	9am - 5pm, Mon - Fri
E-mail:	deborah.wright@swlstg-tr.nhs.uk
Website:	http://www.swlstg-tr.nhs.uk
Opening Hours:	9am - 5pm, Mon - Fri
Description:	Service User Network which provides social contact and peer support groups for people with personality disorder in the community either diagnosis of PD or identify with criteria in our leaflets.
Referral Methods:	Self Referral

Mental Health Professionals – Guide To Roles

GP (General Practitioner)

Although GP's are not traditionally seen as mental health care professionals and would not usually attend ward rounds as part of the multi-disciplinary team, they provide a great deal of mental health care, either in the short term prescribing medication or in just listening to people's emotional problems. Some GP's are very good at finding extra time, such as double appointments, you should remember that the average consultation with a GP lasts only a few minutes.

Hospital based and community mental health (psychiatric nurse)

The mental health (psychiatric) nurse is the person with whom most patients will have the most contact and who will probably be the most important to their care.

In hospital it is these specialist nurses who provide 24 hour care, and who monitor and assess an individual's progress. As part of the multi-disciplinary team they will discuss and agree a plan of care and in almost all cases this should be done in consultation with the patient. A community psychiatric nurse is, as the name suggests, a nurse practitioner who focuses on providing care outside the hospital situation. This focus may be on prevention of mental distress, the maintenance of existing well-being or the promotion of improved mental health in the community.

Psychiatrist

The psychiatrist is a qualified medical doctor who has gone on to specialize in psychiatry and usually has consultant status. Patients will often have very little contact with the consultant psychiatrist. Some psychiatrists are also trained psychologists.

Clinical Psychologist

A clinical psychologist specializes in the assessment and psychological care of mental health problems.

Psychological testing such as for IQ levels or for evidence of deep-seated mental health problems is one area in which they might work. They are also very involved in various therapies such as counselling, family and behaviour therapy.

Mental Health Social Worker

Some social workers choose to specialize in the support of the family of people with mental health problems as well as the social aspects of care in the individual involved.

They can be based in a local mental health centre, mental health hospital or local authority offices. They can provide support and counselling as well as practical advice about welfare rights, local facilities and other day-to-day matters.

Occupational Therapist (OT)

An occupational therapist is trained in various methods of helping people maintain and develop many of their social skills. As well as running occupational therapy workshops including carpentry, pottery and craftwork, OT's get involved in reminiscence and group therapy.

Art Therapist

Art therapy works from the basis that a person's fundamental thoughts and feelings are sometimes more easily expressed through images than words. The art therapist allows a client to work with a medium they feel comfortable with and together they can explore what might be happening for the client at that time.

Industrial Therapist

Industrial therapy is designed to help people develop skills and confidence through the working environment

Multi-Disciplinary Team

These teams comprise of a range of professionals that together make up what is known as a multi-disciplinary team. The teams will include several or all of the following: a psychiatric nurse, psychiatrist, psychologist, occupational therapist and social worker.

We take care to update the information we provide regularly to try to ensure it is accurate. However, CareConnect cannot accept liability for any errors or omissions, nor can we be held responsible for the services provided by any of the agencies or bodies referred to.