

Carers of People with Mental Health Problems



Community Care: Information & Access Service

Information on services of the Community Mental Health Teams

Tel: 020 7527 2299 Email: information.accessteam@islington.gov.uk

Out of Hours Social Services (Adults)

Tel: 020 7226 0992 5pm-9am

North Islington Crisis Resolution Team

If the person you care for has previously had contact with the Team

17-23 Beaumont Rise, N19 3AA Tel: 020 7527 7353

South Islington Crisis Team

If the person you care for has previously had contact with the Team

60 Bath Street, EC1V 9DP Tel: 020 7530 2705

Highgate Mental Health Centre

In-patient care

Dartmouth Park Hill, N19 5NX

Tel: 020 7561 4000

The Samaritans

24 hour phone counselling 365 days a year.

PO Box 9090, Slough, SL1 4UU

Tel: 08457 909090, website: www.samaritans.org.uk

Highbury Grove Crisis Service (Umbrella)

An open access service for people in Islington, who are experiencing mental health distress. They also run a residential project for crisis prevention and respite for carers.

18 Highbury Grove, N5.

Tel: 020 7288 1044 and 020 7226 9415 (Crisis line: 8pm-6am)

Residential service: 020 7288 1051

Mental Health Crisis Service for Women

32 Drayton Park, N5 1PB

Tel: 020 7607 2777

Saneline

Listening and information service for people with mental health problems and their carers.

Tel: 0845 767 8000 (6pm-11pm, 365 days a year)

Website: www.sane.org.uk

Islington Mind

Information and short-term counselling

35 Ashley Road, N19 3AG

Tel: 020 7561 5189, Fax: 020 7272 6797

Crisis Line: 0845 123 2373 (Mon-Sat, 5pm-10pm)

Black Carers Support Group

For carers of African & Caribbean mental health service users. Can arrange respite and social activities.

Lambo Centre, 48 Despard Road, N19 5NW

Tel: 020 7263 3046

Stuart Low Trust

Outings, lunches and social activities

24-27 White Lion Street, London, N1 9PD

Tel. 020 7713 9304, Email: info@slt.org.uk

Rethink National Advice Service

Advisors with in - depth knowledge of mental illness.

Tel. 020 8974 6814, website: www.rethink.org

MDF The Bipolar Organisation

Islington self help group for users and carers.

Tel: 08456 340 540

Depression Alliance

Information, support and local self-help groups.

212 Spitfire Studios, 63-71 Collier Street, London, N1 9BE

Tel: 0845 123 2320, Email: information@depressionalliance.org

Young Minds

Helpline for parents/carers of young people with mental health problems.

Tel: 0800 018 2138, website: www.youngminds.org.uk