



Parent

Mental Health & Wellbeing Support



Adult life, parenting, and managing relationships can bring many challenges, and sometimes you can overlook your own needs, or not seek out support for yourself when you need it. There are lots of support services out there for parents and families, but it can sometimes be difficult to navigate all the options available and find the right place to get support.

We have put this booklet together to help direct families to support they might need. This is not an exhaustive list, but just a selection of what is available. Because our school is in Merton we have focused on Merton based support services, many of these have equivalent counterparts in other local boroughs. If you are from another borough and would like any assistance in finding a particular support service in your borough, please do contact us on wellbeing@wimbledoncollege.org.uk

Please note these services are for adults, if you want support services for a young person please see our page for young people's support or contact the school.

I would like support with a mental health crisis

**For 24/7 urgent advice about your
mental health you can now call**

111 option 2

*(this will take you to your local specialist
mental health crisis line)*

**24/7 South London NHS Mental
Health Crisis WhatsApp text service**

0303 330 1511

**If you are in immediate danger, call
999**

Samaritans also provide a free 24/7
helpline:

116 123

If you are struggling or feel close to crisis,
your local Recovery Café can help. They are
free and you can walk in without any
appointment or referral

Sunshine Recovery Café

Mon-Fri 5pm-11pm; **Sat-Sun** 12pm-11pm.

Call: 07908 436 617

Email: info@sunshinerecoverycafe.org

Address: 296a Kingston Road, SW20 8LX

Sunset Recovery Café

Tue & Thur 5:30pm-8pm

South Mitcham Community Association

Email: info@cdars.org.uk

Address: Cobham Court, CR4 3PR

South West London Recovery Café

Mon-Fri 6pm-8pm; **Sat-Sun** 4pm-11pm

Email: Recovery.Cafe@hestia.org

Address: 966 Garratt Lane, SW17 0ND

I would like support with anxiety, stress, or depression.

You can get in touch with your **GP**, self-refer to Merton **Talking Therapies**, or seek counselling support.

Merton Talking Therapies provides free, confidential psychological and wellbeing interventions to Merton residents. You can learn more and self-refer at: [website](#).

Counselling & Talking Therapies at Wimbledon Guild

Offer a range of free mental health support for adults living, working or studying in Merton.

Call: 020 8296 0030

Email: counselling@wimbledonguild.co.uk
[website](#)

Campaign Against Living Miserably here for everyone who's struggling and to provide life-saving support for anyone affected by suicide or suicidal thoughts
[website](#)

I would like support with finances/ benefits

You can find Merton Council's guidance on the cost of living at [website](#).

Citizens Advice @Wimbledon Guild
Work to provide free advice to people who live in Merton.

Call 020 8946 0735

Email info@wimbledonguild.co.uk
Or [website](#)

Dons Local Action Group (DLAG) -
Fighting the effects of poverty in South West London. Through our local networks, we provide essential items such as food, technology, and furniture to those in need

Email: info@donslocalaction.org

Call: 0203 301 4511

[website](#)

You can make an appointment with an advisor from the **Family Information & Support Hub** for 1:1 advice [link](#)

Or contact the national **Money and Pensions Service:** **Call:** 0800 138 7777 [website](#)

I would like support with finding employment.

Employ-Merton Merton residents aged 16 and over who are not in full-time education can benefit from support services. You can learn more at [website](#).

You can make an appointment with an advisor from the **Family Information & Support Hub** for 1:1 advice [link](#)

I would like support with bereavement (I'm grieving someone's death).

Our local church, Sacred Heart Wimbledon, has a bereavement support group email wimbledon@rcaos.org.uk to be put in touch with the parish's Bereavement Support Group.

Cruse is a national bereavement support charity and has volunteers trained in all types of bereavement and can help you make sense of how you're feeling right now
[website](#)

I would like support with **parenting**.

Triple P Parenting Online Course [weblink](#)
or email fsd@merton.gov.uk

For in-person Parenting Support – speak to your child's school who can make a referral to the local **Family Wellbeing and Early Help Service**.

One Plus One have free online learning courses [website](#)

"How to Argue Better" for anyone looking to learn how to cope better with stress and deal with arguments in a healthy way. & **"Getting it right for Children"** to help separated or separating parents learn to manage conflict and minimise the impact it has on their children.

Merton Autism Parent Service (MAPS)

Support for parents and carers of young people 0-25 with a diagnosis of autism (or likely to receive a diagnosis)
[website](#)

CDARS Support Programme for Parents and Carers of Neurodivergent groups, including ASD, Asperger's, ADHD, and Dyslexia.
[website](#)

I would like support with **finding childcare**.

Get help and support from the **Family Information & Support Hub** [link](#) where a specialist advisor can help you with:

- *Finding childcare* - including funded childcare for children 9 months to 4 years.
- *Wraparound Childcare* (typically, before and after school childcare that 'wraps' around the school day. This enables parents and carers to access employment or training and gives children an enjoyable start and finish to their school day).

I would like support with **housing**

Merton's housing advice and links to information and support can be found here:
[website](#)

Merton & Lambeth **Citizens Advice** offers appointments to help with housing issues.
Call: 0808 278 7831
[website](#)

South West London Law Centres

If you can't afford a lawyer, we're here to help. We provide free and independent legal advice on social welfare issues including housing, debt, immigration and employment.
[website](#)

I am concerned that I or someone I know may become **homeless**

You can contact **Faith in Action's Merton Homelessness Project** by:

- Email: team@mertonfaithinaction.org,
- calling **07843 280419**, or
- dropping in on a Wednesday or Friday from 10.00am to 2.30pm at Salvation Army Hall (109 Kingston Road, SW19 1LT), near South Wimbledon tube station.

Got a housing problem?

Shelter can help you understand your rights and get the support you need.
[website](#)

I would like support with **disabilities**.

Merton Centre for Independent Living

Run and Controlled by Deaf & Disabled People, for Deaf & Disabled People.

Call: 0203 397 3119

Whatsapp & SMS: 0779 671 2502

Email: info@mertoncil.org.uk

[website](#)

Merton Mencap

An independent charity supporting people with a learning disability and/or autism, and their parents and carers, in the London Borough of Merton. [website](#)

Merton Disability Welfare Service

provides specialist welfare benefits advice and support to disabled people and those with long term health conditions living in Merton. [website](#)

CDARS Neurodiversity Support Program

supports individuals with neurodiverse conditions such as ADHD, Autism, Dyslexia and Dyspraxia. The programme offers mental health support, support with financial and housing benefits, employment and interviewing practice, social engagement and building relationships. [website](#)

I would like support with my use of **alcohol or drugs**.

You can get in touch with your **GP** or self-refer to **Via – Merton**.

Via – Merton offers free, confidential advice, care, and support to people in Merton aged 18+. You can learn more and contact Via - Merton at [website](#).

I would like support with **gambling**.

You can self-refer to the **National Gambling Clinic** (NGC).

The NGC is a free, confidential NHS service supporting people experiencing harm from gambling. You can learn more and contact the NGC at [website](#).

I would like support with being a **carer**

Carers First Merton

If you're an unpaid carer supporting someone in Merton, we're here to help with [online help and advice](#), as well as 1-2-1 practical and emotional support. Remember, you don't have to wait until crisis point before asking for help - the earlier you ask, the bigger difference it can make.

I would like support with **domestic violence**.

Anyone in immediate danger should call **999**

Otherwise support can be found at:

The One Stop Shop is a confidential drop-in service for people experiencing domestic violence or abuse in Merton.

It's held every Monday between 9.30am - 12.00 noon (except bank holidays) at Morden Baptist Church, Crown Lane, Morden, SM4 5BL. For further details call One Stop Shop on 020 7801 1777.

- or call **Refuge** (for women and children) on **0808 2000 247**

- or call the **National Centre for Domestic Abuse** on **0800 9702 070**.

I would like support with isolation/loneliness.

Walk and Talk meets at 10.30am every Saturday at the Wimbledon Village War Memorial. You can learn more at [website](#).

The Wimbledon Guild offers many opportunities to try something new and meet new people. You can learn more at [website](#).

The Potting Shed Café at Morden Hall Park is part of the “**Chatty Café**” scheme and host a “Chatter & Natter” table every Tuesday 11am-12pm

I would like support with community inclusion

There are a number of different groups supporting community inclusion in Merton, including:

- **BAME Voice:** 020 8648 5405 – info@bamevoice.org
- **Merton Connected:** 020 8685 1771 – info@mertonconnected.co.uk – [website](#)
- **Inner Strength Network:** 020 8274 5200 – maureen@innerstrengthnetwork.com – [website](#)
- **Polish Family Association:** 07917 401 064 – info@polishfamily.org.uk – [website](#)
- **South London Tamil Welfare Group:** 020 8542 3285 – admin@slt wg.org.uk

I would like support with LGBT+ inclusion

LGBT+ Catholics Westminster meet regularly as a community on the second and fourth Sundays at the 17.30 Mass at the beautiful church of the Immaculate Conception (also known as Farm Street Church), the central London **Jesuit** parish church.

[website](#)

MertonPlus is a volunteer-led LGBTQ+ community group, based in the London Borough of Merton. They organise regular socials and other activities, signpost services via our website and social media, and act as ambassadors for the LGBTQ+ community within the local area.

[website](#)

I would like support with difficulties in my marriage.

Marriage Care is a Catholic charity providing relationship counselling. You can learn more at [website](#).

Relate provides relationship counselling. You can learn more at [website](#)

The Marriage Course Online is a series of seven sessions, designed to help married couples invest in their relationship and build a strong marriage. All self-paced materials that you do privately in the comfort of your own home. [website](#)

I would like support with my use of pornography.

You can learn more and find help at [website](#).

Fight the New Drug is a non-religious organization that exists to provide individuals the opportunity to make an informed decision regarding pornography by raising awareness on its harmful effects using only science, facts, and personal accounts.

[website](#)

I would like support as

Father/Man

Stand Up Fathers is a Community Interest Company (CIC) dedicated to Empowering and Supporting Co-parenting Dads aged 18 and upwards. They are there to assist co-parenting dads facing adversities within or outside their co-parenting relationships, or those simply seeking to connect with other dads.

[website](#)

CDARS' **Gentlemen of Value Club**

offers a safe space for men to break the silence and build the strength. The club is open to adult men who may feel that their life is getting out of control due to various reasons including debt, gambling, relationship breakdown, burnout or substance/ alcohol misuse, and more.

Non-Contact Boxing sessions are now open for men on Tuesdays 6:30 to 7:30pm at Tooting and Mitcham Football Club. To join the Club, please email

info@cdars.org.uk

[website](#)

Online Self-help Resources & Apps

Websites

- [Every Mind Matter](#) – NHS Advice Hub
- [Qwell](#) – online support for adults
- [Togetherall](#) – peer community and tips
- [Hub of Hope](#) – national database of services
- [Mecclink](#) – local health and wellbeing searches

Apps

- **Calm Harm** (Free) - Calm Harm is a free app that helps you manage or resist the urge to self-harm.
- **Combined Minds** (Free) - Combined Minds is an app developed for teenage mental health charity to help families and friends support young people with their mental health.
- **Stay Alive** (Free) - The Stay Alive app is a pioneering, award-winning suicide prevention app created by Grassroots Suicide Prevention. It can be used by individuals navigating suicidal crises or experiencing suicidal ideation, or by those concerned about someone.
- **Chill Panda** (Free) - Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.
- **Cove** (Freemium) - Clinically approved to help you self-manage your mental health using music therapy principles in an easy and enjoyable way.
- **Hallow** (Freemium) – A Catholic prayer app that has a number of resources like meditations and exams to help support mental wellbeing.
- **Headspace** (Paid)- Headspace is the leading everyday mental health companion, helping people care for their minds anytime, anywhere. Our all-in-one app delivers personalized support — from AI-powered guidance to meditation and mindfulness, coaching, and therapy — all designed to fit seamlessly into daily life.

Wimbledon College is part of the Be Well Hubs initiative, created by South London Listens, a unique partnership between three local mental health trusts, Citizens UK, local authorities, and community organisations. Be Well Champions at each hub are trained to listen to people in the community and provide information, resources, and signposting to mental health support. The hubs help local communities to build relationships, offer practical support and signposting, and act on structural and systemic inequalities and injustices that impact mental health.

Thank you to the Sacred Heart Parish Be Well Hub for an original version of this booklet that we have adapted.

