

SUTTON Crisis Café



We are here for people in Sutton whose mental health has had an impact on their lives

Sutton Mental Health Foundation



- We support people with mental health needs in the community, helping to keep them well and active and helping them to have a voice in mental health care in the borough.
- Working in the borough for over 30 years
- Open to all, non judgemental and not focussed on diagnosis
- Service can be accessed either through referral or self-referral

Sutton Crisis Cafe

- Commissioned by SWLondon CCG with funding from NHS England
- Pilot till end April 2022
- Further 2 years funding, then commitment to fund beyond that

A Crisis Café for Sutton

The crisis café will:

- Provide a non-stigmatising, calm and safe environment
- Provide practical and emotional support to help people resolve their crisis
- Operate as an alternative to Emergency Departments and other emergency services for people experiencing a mental health crisis that does not require medical intervention
- Link with the wider services to improve services for local people



SUTTON
Crisis Café
Coming Soon



A safe space and someone to listen.

We will offer an out of hours service for people whose mental health is becoming overwhelming.

Sutton Mental Health Foundation is delighted to announce that we have been commissioned to open a Crisis Café in Sutton. To find out more about the service and what it will offer, visit our website

 suttoncrisiscafe.org.uk 

A Crisis Café for Sutton

Who we work with:

- Sutton Crisis Café is for anyone over 18 in the London Borough of Sutton who is experiencing a mild to moderate mental health crisis.
- May feel they are heading into crisis and want some support to keep themselves well.
- May have been struggling for a while.
- If they do not live in the London Borough of Sutton but need help, can use our service in the short term.
- We will seek to find support for them nearer home in the longer term.



SUTTON
Crisis
Café

If your mental health is becoming overwhelming and you need some out of hours support, we are here.

suttoncrisiscafe.org.uk
0800 0129082



A Crisis Café for Sutton

Our service is not designed to help:

- Adults with dementia
- Children or adolescents under the age of 18
- People exhibiting violent or aggressive behaviour



SUTTON
Crisis Café

A safe space and someone to listen.

Out of hours service for people whose mental health is becoming overwhelming.

Open 7 days a week,
6.30pm - 10:30pm

 suttoncrisiscafe.org.uk 0800 0129082 

A Crisis Café for Sutton

Our service is also not designed to help people who are very unwell, for example:

- Those with active suicidal ideation and who may need admitting to hospital;
- Those requiring assessment under s136 of the Mental Health Act;
- Those who need to be detained under the Mental Health Act;
- Those with primary presentation of drug and alcohol problems.



SUTTON Crisis Café

We offer out of hours support. A safe space and someone to listen when it all becomes too much.

suttoncrisiscafe.org.uk
0800 0129082



A Crisis Café for Sutton

- We don't really offer food – light snacks and drinks
- Not offering organised activities – just colouring, chess, scrabble
- Yoga, art or mindfulness, etc at our daytime service at the Belmont Connect.



SUTTON
Crisis
Café

Offering a safe space and crisis support out of hours, to help you when your mental health is becoming overwhelming.

suttoncrisiscafe.org.uk
0800 0129082



A Crisis Café for Sutton

How to access the crisis café yourself:

- Visit our website at suttoncrisiscafe.org.uk
- Use our secure online form to tell us how we can help
- we will ring you back asap, but always within 24 hours. We will leave a message if no answer.
- if you can't use the form you can call **0800 012 9082**
- Or email crisiscafe@smhf.org.uk

A Crisis Café for Sutton

How to make a referral for someone else:

- suttoncrisiscafe.org.uk
- secure online form
- we will respond to the referral within 24 hours by phone call, and leave a message if no answer.
- We will follow up with a text and/or email if unable to speak to the person within 3 hours of the phone message.
- We will email within 3 working days to confirm we have made an appointment/seen this person and they are now accessing our services, or we will specify who we have referred them on to/signposted them to)

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Opening hours

- 6:30pm to 11pm, (last admission 10.30) 7 days a week, 365 days a year.
- Out of hours (and when we are busy) you will be asked to leave a message; please let us have your contact details so we can call you back.
- It is our aim to speak to everyone as soon as possible, but always within 24 hours.

A Crisis Café for Sutton

- Call us: [0800 012 9082](tel:08000129082)
- Visit us: 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR
- Email us: crisiscafe@smhf.org.uk
- Website: suttoncrisiscafe.org.uk



For more information and to stay in touch:

www.smhf.org.uk

call 020 8770 0172

email @smhf.org.uk

Newsletter: http://eepurl.com/gU_a5z

Facebook: @SuttonMentalHealthFoundation

Twitter: @SuttonMHF

Instagram: [suttonmentalhealthfo](https://www.instagram.com/suttonmentalhealthfo)