

The Belmont Connect

The Belmont Connect is a place to socialise, find friendship and receive support in a friendly, relaxed atmosphere.

Our "drop-in" is open several days per week (see our website for current days and times). Here you can find support, friendship, snacks and unlimited refills of tea and coffee.

We run activities themed around the 5 ways to wellbeing, including line dancing, yoga, mindfulness, and art. From time to time we also offer courses and talks, along with peer led activities including outings, meals and our walking group.

Our support workers can offer a listening ear and help with small issues that may be worrying you.

If you need more specialist help or advice, for example with benefits or housing, debt or employment issues, appointments are available on Tuesday and Thursday mornings, in partnership with Citizens Advice Sutton.

To make an appointment or book an activity:

Call us: 020 8770 0172

Email us: admin@smhf.org.uk

Website: www.smhf.org.uk

Peer Support

Intentional Peer Support is provided by trained Peer Support workers who have direct experience of mental distress through their own lives. This means we can empathise and support from a shared viewpoint; we have similar struggles and experiences.

IPS is a mutually supportive, positive process. We don't start by asking "what is wrong?" but rather "what has happened?".

You may be waiting for help from traditional support services, seeking some extra emotional support on top of the services you are receiving, or looking for support following discharge from care.

We offer mutual support to anyone who feels it may be helpful to talk about their own experience of mental distress and/or mental health services with someone who has been there too.

We work in different settings in the community, including at A&E, Springfield Hospital and Sutton Crisis Café.

We also offer regular training courses for people wishing to become an Intentional Peer Support Worker.

For more information:

Call us: 020 8770 0172

Email us: carol.jacques@smhf.org.uk

Website: www.smhf.org.uk

Sutton Crisis Café

Sutton Crisis Café is a non-judgemental service for people over 18 in mild to moderate mental health crisis, who just need a safe place to be and someone to listen.



The Sutton Crisis Café offers out-of-hours support to adults in Sutton whose mental health is becoming overwhelming. We provide a safe, non-clinical, supportive environment to people experiencing a mild to moderate mental health crisis, as an alternative to attending A&E.

Opening hours

We are open from 6:30pm to 11pm (last admission 10.30), 7 days a week, 365 days a year.

You can come with or without a referral; you can call, refer yourself or just turn up.

Call us: 0800 012 9082

Email us: crisiscafe@smhf.org.uk

Website: www.suttoncrisiscafe.org.uk

Sutton Mental Health Foundation is a community run mental health support service for anyone over the age of 18 living independently in the London Borough of Sutton. You don't need a formal referral to take advantage of our support services, wellbeing activities & events.

Service User Voice

SMHF also supports service users to have a say in the designing and commissioning of local mental health services, through Sutton 1in4 and the Sutton Mental Health (Service Users) Commissioning Advisory Group.

If you are interested in taking part or proposing a project please get in touch.

Call us: 020 8770 0172

Email us: jane.isaac@smhf.org.uk

Website: www.smhf.org.uk

SMHF is a company limited by guarantee and a registered charity:
Registered company number 03549053
Registered charity number 1069945

Sutton Mental Health Foundation



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Tel: 020 8770 0172

www.smhf.org.uk



Public Transport - 80, 280, S3, S4
Belmont Station

Sutton Mental Health Foundation



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

