

We are England's leading family charity. We support over 45,000 families every year with over 100 services in communities across the country. We offer practical, emotional and financial help to families and individuals in their communities.

Giving us feedback

We welcome your views of our service, both positive and negative. Compliments and complaints will be used to help us to improve what we do. If you wish to comment on our services, please either telephone or write to the manager, who is based at the office address. They will ensure that every complaint is investigated, and a written reply sent to you within 28 days.

Family Action Building Bridges Southwark is funded by Southwark Mental Health Services.

Where we are

Building Bridges Southwark
St Giles House, St Giles Road
Camberwell SE5 7UD

Phone 020 3228 1846
020 3228 1847
07903 326552

email jacqueline.isles@slam.nhs.uk
sylvia.pleasant@slam.nhs.uk

Family Action Central Office

501-505 Kingsland Road, London, E8 4AU. Phone 020 7254 6251
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Registered charity n° 264713.



family
action

Family Action Southwark Building Bridges

Providing support to families affected by
parental mental illness: Information for referrers

supporting families since 1869

About Our Services

Building Bridges Southwark is run by Family Action. We aim to bridge the gap between adult mental health services and children's services by providing support to families where one of the parents has a mental health problem.

What is Family Action Building Bridges?

We offer a service to the whole family to ensure that parents can recognise and meet their own needs and those of their children, enabling them all to reach their full potential. Children can at times feel isolated, responsible and stigmatised by their parent's illness and we work with them to promote their understanding and to explore some of their hopes and fears. In carrying out this work, we recognise that Southwark has residents with a range of cultural needs and we will attempt to respond to each individual's special requirements.

Service aims & objectives

Building Bridges aims to empower all family members to deal with the impact of living with mental ill health and to aspire to positive futures.

The objectives are:

- Increase the self-confidence and self-esteem of parents and children
- Help parents establish daily routines
- Help families resolve practical problems
- Help children understand mental illness
- Help adults and children achieve their potential.

How We Can Help You

The service is tailored to the specific needs of each family and includes:

- Home-based support (e.g. support with establishing daily routines and developing parenting skills)
- Therapeutic work for adults and children
- Improving communication within the family
- Arranging holiday activities
- Support with accessing other services
- Counselling and advice.

Referral process

Families are eligible for a service from Building Bridges Southwark if a parent experiences mental ill health and they meet the following criteria:

- Case currently open to CMHT and/or
- Case currently open to CAMHS and/or
- Live within the Peckham or Camberwell area.

The family can be referred by any professional from either CMHT or CAMHS.

The Building Bridges team

Building Bridges has a small staff team, which includes qualified counsellors and family support workers. All staff are committed to ongoing professional development.

For more information, to make a referral or to discuss a potential referral, please contact us on:

020 3228 1847 or 020 3228 1846 or 07903 326552.