

# solidarity in a crisis



**Need help? Feeling in a crisis?  
Don't know where to turn?  
We can help.**

Solidarity in a Crisis is a user and carer service providing crisis support and information over the phone or in person in the boroughs of Lambeth, Southwark and Lewisham.



The service is available out-of-hours with peer supporters on-call:

**Monday – Friday:**

8.00pm – 12.00am

**Saturday & Sunday:**

8.00pm – 2.00am

Freephone: **0300 123 1922**

Or text us on: **0788 9756 087**

**0788 9756 083**

Or email: **outofhours-solidarity@certitude.org.uk**



**certitude**