

Reach Out Camden

We help people to get **free** mental health support

To get help you need to be:

- Over the age of 18 and
- Registered at a GP surgery in Camden



How we work

We work with different groups of people

We find out what you need help with

We give information about services that will help you feel better



Support you can get

We can give you a key worker or a peer mentor

They can:

- Help with anything you need
- Work the way you want
- Spend time with you to build trust



Things we cannot help with



We are not advocates or an emergency Service



For emergency you can -

- Call **999** or visit the **Accident and Emergency team** in the hospital



- Call Camden Crisis team on **08009173333**

Group Activities



You can join different groups to meet people, keep learning and to have fun

Groups we have:

- Community café
- Art and craft
- Gardening
- Adult Education
- Museums
- Nature walks
- Exercises



Peer Support Groups



We have groups for people who have had the same experiences as you

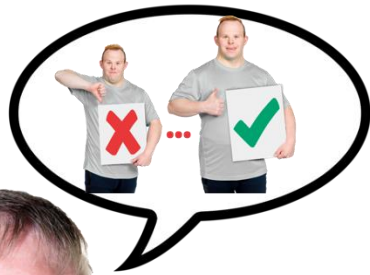


We want to make sure you feel safe to talk about your experiences

User Involvement



You can join groups like Camden Borough User Group (CBUG)



In these groups you can share ideas on how to make services better



How to get the support

You or someone who knows you (like a friend or GP) can make a referral to our team



Please fill in this easy read form

easy read

Your name

Address

Phone

Referral can be done :

- Online
- Over the phone
- By post
- Visit Mind in Camden or Likewise



You can ask us to call you back if you need help with the form

How to get the support



Once we get your referral, we will call you to arrange for a meeting



At the meeting we will discuss what support you need



We will offer you services you need
You can take your time to decide what you want

To get help



Email us at: webadmin@reachoutcamden.co.uk

Call us on **02072418984**



On other days please leave a voicemail and we will get back to you in 3 days

Write to us at:

Reach Out Team, Mind in Camden, Barnes House, 9-15 Camden Road, London NW1 9LQ

