



Wellbeing Service

Would you like help with...

- Improving your mental wellbeing?
- Increasing your confidence and self-esteem?
- Feeling better about the future?
- Participating in more activities?

The service offers:

- Individual support for up to 3 months
- Creation of a personalised wellbeing plan
- Referral to activities at Mind and elsewhere in Haringey



Funded by:

The
Henry Smith
Charity

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Wellbeing Service



The Wellbeing service offers personalised support for up to 3 months. We work with you to improve your wellbeing, coping skills and access to activities.

What we offer:

- Regular meetings to work on your wellbeing and recovery goals
- Individual support to create a personalised Wellness and Recovery Action Plan
- Referrals to wellbeing activities at Mind and other organisations in Haringey
- Help with Personal Independence Payments and Personal Budgets

Interested?

For more information and to request a referral form, please contact **Owen Johnson-Stewart** on:

020 8340 2474

owen@mih.org.uk

Also visit: www.mindharingey.org.uk

Our location

Mind in Haringey
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