

Allocated Worker:
Fiona Atkins

Wellbeing & Advocacy Service



WORK HOURS:

Monday – Friday (9am – 5pm)

HOW TO CONTACT

Personal Office Number:
020 3837 9406

Email:
fiona.atkins@mih.org.uk

Office address:
73C Stapleton Hall Rd,
Stroud Green,
London,
N43QF

Website:
<https://www.mindharingey.org.uk>

CRISIS INFORMATION

For out of hours support to help avoid crisis please call the "Safe Haven" support line (available 7 days a week 17:00 till 20:00):

0800-953-0223

However in the case of an urgent mental health crisis phone:
0800 151 0023
or
999

WELCOME

In Wellbeing Advocacy we will assist you on your path to wellbeing, and encourage you to feel empowered to make informed choices.

KEY INFORMATION

We have up to 12 weeks and in the first session we will establish any specific goals and aspirations you may have around improving your sense of mental health and wellbeing. We will advocate on your behalf, but will encourage and assist you to self advocate.

This will involve open dialogue where I will help you to understand **what** it is you want to change, **why** this change is important to you, and **how** we will make this change happen. The degree to which we focus on advocacy or wellbeing is dependent on your specific needs. After all this service is here for **you**.

Your information is kept private and confidential and is never shared with third parties except with your consent. Please note the exception to this rule is if I fear you may be at risk of harm to yourself or from another person.

APPOINTMENTS

Sessions can last up to an hour. Please ensure you are in a quiet space where you are undistracted and feel comfortable to talk. I will call you at our agreed appointment time and if I cannot get through I will call you again after 15 minutes. At this point if I cannot get through the appointment will be cancelled and we will have to reschedule. If you miss a total of three appointments without any prior notice, we will have to end your participation in the service.

On average we will have 6 sessions but this may be fewer or greater depending on your needs and our mutual availability. Outside of scheduled appointments, you are free to contact me via phone, text, WhatsApp or email but please bear in mind that I may be unable to answer outside of the session, due to other work obligations.

EXPECTATIONS

Whilst this is a wellbeing service, we are not qualified therapists. For this reason, if the nature of your problems are of a certain severity, the best we can do is support you to connect with more relevant mental health professionals.

This is a goal-orientated service and our work will be bound to addressing these goals.