



Crossfields
 Bus: 31,13,113, 82, C11. 187
 Overground: South Hampstead
 Tube:Swiss Cottage, Finchley Road

Holy Cross
 Bus:10,17,30,45,46,63,73,91,205,214,253,274,C2
 Overground & Tube: Kings Cross St Pancras

Barnes House
 Bus: 31, 24, 27, 29, 46, 88, 134, 168, 214, 253, 274, C2
 Overground: Camden Road, Tube: Camden Town

Do you need support to communicate in English?

We speak several languages other than English. However, please check in advance to see if you will need an interpreter to access the service.

Mind in Camden

Barnes House, 9-15 Camden Road, London NW1 9LQ
 t: 020 7911 0822 f: 020 7485 0842
 e@ admin@mindincamden.org.uk
 w: www.mindincamden.org.uk



MIND IN CAMDEN'S SERVICES

Mind in Camden

Barnes House, 9-15 Camden Road
 London NW1 9LQ
 Tel: 020 7911 0822 (admin)
 Email: admin@mindincamden.org.uk
 Web: www.mindincamden.org.uk

MIND IN CAMDEN'S SERVICES

Mind in Camden supports people with mental health issues:

- ◆ To increase self-esteem, skills and confidence
- ◆ Achieve self-determination, make informed choices and take responsibility
- ◆ Minimise social isolation and exclusion
- ◆ Realise rights as citizens and individuals
- ◆ Maximise opportunities for mutual support

We run a variety of services and projects which focus on people as individuals, emphasising social inclusion, confidence building and empowerment. To achieve these aims we have developed a wide range of partnerships with other providers, community groups, funders and referring agencies.

DAY SERVICE

As part of the Camden Mental Health Day Services Consortium, we work in partnership with Volunteer Centre Camden and The Holy Cross Centre Trust to provide emotional and practical support for Camden residents through our three resource centres and in the wider community. The resource centres are:

Barnes House in Camden Town
Crossfields Centre in Swiss Cottage
The Holy Cross Centre near Kings Cross/St Pancras

We are:

- ◆ Open 7 days a week at various times. All our resource centres offer a social space with individual support and inexpensive lunchtime meals.
- ◆ There is always at least one activity taking place between 10.00am and 9.00pm every day including weekends and bank holidays.
- ◆ There are groups covering a variety of interests including: a walking group, alternative therapies, yoga, discussion groups, computer & art workshops. We also go to places of interest as a group.
- ◆ There are also support groups around issues such as hearing voices and depression.
- ◆ There is one-to-one solution-focused counselling for 14 sessions.
- ◆ There are specific days and events for people from black and ethnic minorities, women and refugees.
- ◆ We provide signposting to access other services in Camden.
- ◆ There is a Befriending service specifically for members of the Day Service.
- ◆ We also run adult education classes, training and provide support to volunteers within the service or access support to volunteer in the community.

Becoming a member

Please ring to make an appointment. You can come by yourself or you can bring someone with you. Our telephone numbers are:

Barnes House: 020 7241 8986
Holy Cross Centre Trust: 020 7278 8687
Crossfields: 020 7625 9042

At this meeting we will fill in an application form with you and have a conversation about how we can best meet your needs. We prioritise people who are on CPA, but if you are not in touch with a CMHT and have a real need we will still consider your application.

MINOR TRANQUILLISER SERVICE

Mind in Camden's Minor Tranquilliser Service supports individuals from the boroughs of Camden and Islington who may be experiencing difficulties due to taking Benzodiazepines, sleeping pills and Z drugs with similar actions. Referrals come from GPs and other drug projects. Self referrals are also accepted. People can be using prescribed minor tranquillisers, taking them illegally or in combination with other drugs or alcohol. The service provides: a weekly support group, one-to-one counselling both short and long term, a family support scheme and advocacy.

Contact the Minor Tranquilliser Manager on 020 7241 8980 or email mdavis@mindincamden.org.uk .

LONDON HEARING VOICES PROJECTS

We have two main projects for people who hear voices or who experience other unusual sensory perceptions

The Voice Collective: is a project providing support for children aged 12-18 and their parents

The Prisons Project: is a pilot project setting up hearing voices peer support groups in nine London prisons

Please contact the Hearing Voices team for more information on

020 7625 9024 or email:
dafonu@mindincamden.org.uk (Voice Collective)
jwiper@mindincamden.org.uk (Prisons Project)