



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

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

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

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
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 e@ admin@mindincamden.org.uk
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Registered company number: 1911178 Charity number: 292180

Mind in Camden
 The Camden Mental Health Day Services Consortium

MIND IN CAMDEN'S Psychological Health Groups

Are you feeling distress and
 struggling to find a way forward?



Would it help to join a group and
 talk?

PLEASE ENQUIRE: 020 7911 0822

About Psychological Health Groups

Mind in Camden offers the possibility of participation in a free self-support group for different emotional or interpersonal problems.

A weekly group for support

You can join a group of people who have been through similar experiences to yourself e.g. stress, anxiety, depression, lack of contentment or isolation.

About the group

Despite a variety of emotional issues, people benefit from mutual acceptance and support. You may discover you do not need to feel alone with your problems. Each person has strengths—kindness, an intuitive sense, straightforwardness, an ability to put their feelings into words, a capacity for empathy—that can help you. You can also discover that at the same time you have something to offer them.

What would the group give me?

Most members find that the sense of belonging to a group over a period of time leaves them feeling better, and this feeling stays with them. There are therapeutic benefits, yet the main purpose is being part of a group that meets and talks together.

Who is the service for?

The service is for people 18 years old or over who live in the Camden borough, particularly for those who are experiencing mental health problems.

How does the group work?

We invite members to attend regularly, once a week. This means that members get used to being with each other and the group seems safe and comfortable.

When and where do we meet?

The Psychological Health Group meets once a week for 90 minutes, every **Tuesday (men and women) at 6.30-8.00pm** in Camden Town.

We meet at: **Mind in Camden
Barnes House
9-15 Camden Road
London NW1 9LQ**

We are located 1 minute away from Camden Town Tube Station.

Who runs the group?

The group is facilitated by trained volunteers, in advanced training or qualified, yet the members decide what gets talked about and, as they get more used to the group, take a greater part in deciding how the group runs.

Is it confidential?

Yes, you have a right to privacy. What is said in the group is confidential... nothing is repeated outside the group.

Do I have to pay?

No. The service is free.

How can I join the group?

You can contact us directly on **0207 241 8973** to request a referral form. The form is also available on our website: **www.mindincamden.org/counselling**.

What's a referral form?

We ask you to tell us more about yourself on the form and why you might like to join the group.

What next?

After sending us the referral form, we will then invite you for an initial meeting. If the assessor feels we can appropriately meet your needs, you will usually be invited to join the group as soon as a place becomes available.

After I start, what next?

After you start you will be asked to commit yourself to a weekly attendance. This is because continuity and regular attendance are important if you would like to receive maximum benefits from the group.

While attending the group you are not discouraged from seeking any other kind of support.