

List of Hearing Voices Groups & Paranoia Groups							
arranged according to London Borough							
Blue highlight = open to people from any borough							
Yellow highlight = Hearing Voices Group							
Green highlight = Paranoia & Beliefs Group							
<i>host organisation</i>	<i>name of group</i>	<i>day & time</i>	<i>address</i>	<i>details</i>	<i>contact name</i>	<i>phone</i>	<i>email</i>
BEXLEY							
	<i>Bexley Hearing Voices Group</i>	Mondays 2.30-3.30pm	The Crayford Centre, 4-6 London Road, Crayford, Kent DA1 4BH	Open to Service users of OXLEAS MH Trust only	Hannah Green	0203 668 9490	Hannah.Green@oxleas.nhs.uk (internal use)
Oxleas and Mind in Bexley	<i>Mind in Bexley Hearing Voices Group</i>	Tuesdays 3:30PM - 4:30PM	240A Broadway, Bexleyheath, DA6 8AS	Open to anyone living in Bexley. The group usually runs for eight weeks followed by a two week break.	Donna Howe	020 830358164	howedonna9@aol.com
BRENT							
Brent Mind	<i>Believe In Us</i>	MONDAYS 2pm-4pm & FRIDAYS 11am-1pm		Open to anyone living in Brent	Linval Walker / Bridget Little	0207 604 5190 / 0207 604 5164	horizon@brentmind.org.uk
BROMLEY & LEWISHAM							
Bromley & Lewisham Mind	<i>Parallel Views</i>	THURSDAYS 2pm – 4pm	Anchor House, Station Rd, Orpington BR6 0RZ	Open to anyone living or working in London. Please call first if not currently using Bromley & Lewisham Mind.	David Holmes	07841 206710	david.holmes@blmind.org.uk
	<i>Bromley Hearing Voices Group</i>	Wednesdays, 10.15 – 11.45 noon	Bromley Common Baptist Church, Gravel Road, Bromley, BR2 8PE	Open to anyone living in Bromley, referrals and self-referral accepted	Stewart Tight	01689 811 222	stewarttight@hotmail.com
CAMDEN							
Camden & Islington MH Trust	<i>Positive Connections</i>	FORTNIGHTLY WEDNESDAYS 11.30 -12.30	Peckwater Centre, 6 Peckwater Street, NW5 2UP	Must be receiving a service from Camden & Islington MHTrust	Jill Chadwick	07771 872 923	Jill.Chadwick@candi.nhs.uk
Mind in Camden	<i>My Beliefs</i>	THURSDAYS 5pm-6pm	Barnes House, 9-15 Camden Rd, NW1 9LQ	Open to anyone, regardless of borough, but free to Camden residents only.	Gayatri Bhasin	020 7241 8998	referrals@mindincamden.org.uk
St Mungo's	<i>The Craze</i>	ALTERNATE TUESDAYS 11.30am - 1pm	Adamson Road, 33-35, NW3 3HT	Closed Group	Matt Blakemore	07736 886 959	Matthew.Blakemore@mun.gosbroadway.org.uk
St Mungo's	<i>Pulse</i>	ALTERNATE TUESDAYS 11.30am - 1pm	180 Haverstock Hill, London NW3 2AL	Closed group	Matt Blakemore	07736 886 959	Matthew.Blakemore@mun.gosbroadway.org.uk
Mind in Camden	<i>Mind in Camden Mixed Hearing Voices Group</i>	Tuesdays, 12 – 1pm	Barnes House, 9-15 Camden Rd, NW1 9LQ	Open to people from all boroughs. Free to all Camden residents who hear voices. There's a charge if you don't live in Camden.		020 7241 8998	referrals@mindincamden.org.uk
Mind in Camden	<i>Mind in Camden Women's Hearing Voices Group</i>	Fridays, 2 - 3.15pm	Barnes House, 9-15 Camden Rd, NW1 9LQ	Open to people from all boroughs. Free to all FEMALE Camden residents who hear voices. There's a charge if you don't live in Camden.		020 7241 8998	referrals@mindincamden.org.uk
CROYDON							

Rethink Mental Illness	<i>Voices Forum of Croydon</i>	Every second Wednesday of the month, 7-9pm	Croydon Old Town Hall, Katharine St, Croydon CR9 1ET	Open to people from all boroughs. OK to just turn up, but best to call first in case an activity is planned.	John	0208 464 7052	voicesforumofcroydon@googlemail.com
EALING							
Wolsey Wing		WEDNESDAYS	Ealing Hospital	closed group	Anna Ridewood	0208 354 8943	anna.ridewood@wimht.nhs.uk
CAPE	<i>C.A.P.E. Hearing Voices Group</i>	Wednesday from 2pm - 3pm	239a/b High Street, Acton, London, W3 9BY	Open to those living in Ealing. To join you need to be a member of CAPE, which requires a referral from the Mental Health Resource Centre	Stuart Derbyshire	020 8896 2552	sarah@capeproject.org.uk
ENFIELD							
Mind in Enfield	<i>Mind in Enfield Hearing Voices Group</i>	Mondays, 3pm – 4pm (except on bank holidays)	Mind in Enfield 275 Fore Street, Edmonton London N9 0PD	Open to those living in either in Enfield or Haringey	Sufia Rahman	020 8887 1480	
GREENWICH							
Greenwich Mind	<i>Greenwich Mind Hearing Voices Group</i>	Wednesdays from 10.00am - 11.30am	Greenwich Mind, 54 Ormiston Road, London, SE10 0LN	Primarily for Greenwich residents, but exceptions can be made where needed. Please don't just turn up but make contact with Jo first	Jo Somerset	020 8853 2395	
HACKNEY							
<i>EQUIP (Hackney Early Intervention Team)</i>			<i>Donald Winnicott Centre, Coate Street, E2 9AG</i>	<i>GROUP ON HOLD Must be receiving a service from EQUIP (Hackney Early Intervention Team)</i>		<i>020 7033 6100</i>	
HAMMERSMITH & FULHAM							
	<i>South Recovery Team Hearing Voices Group</i>	Wednesday 11 - 12pm	The Star Room, St Andrew's Church, Greyhound Road London W14 9SA	Only available to service users of the West London Mental Health Trust/LBHF South Recovery Team.	Cat Waller	020 7386 1275	catherine.waller@wlmht.nhs.uk
HARINGEY							
Clarendon Recovery College	<i>Clarendon Cafe Paranoia & Beliefs Group</i>	TUESDAYS 14.00 to 15.15	Clarendon Recovery College, Clarendon Rd, N8 0DJ	Open to anyone, regardless of borough.	Merva by email - or Lesliann by phone	020 8489 4860	Merva.Smith@MUNGOS.ORG
Clarendon Recovery College	<i>Clarendon Cafe Hearing Voices Group</i>	Mondays, 2-3pm	Clarendon Road, Hornsey, London N8 0DJ	Group open to people from all boroughs. No referral required.	Theresa or Lesliann	020 8489 4860	Lesliann.jat@haringey.gov.uk
HARROW							
Rethink Mental Illness	<i>WhyFI</i>	1 st and 3 rd Thursdays 12.30pm – 2pm	The Bridge, Christchurch Avenue, Harrow, HA3 5BD	Open to anyone, regardless of borough.	Mary	07976 759968	harrowsupportgroup@rethink.org
HOUNSLOW							
Hounslow Wellbeing Network		Tuesdays 2pm-3pm	Age UK Hounslow Montague Hall, Montague Road, TW3 1LD	Group open to people from all boroughs. No referral required.	Neil Fullicks		neil.fullicks@wlmht.nhs.uk
ISLINGTON							
Islington Mind		TUESDAYS 2.15pm-3.30pm	The Hub, 48 Despard Rd, N19 5NW	Open to anyone, regardless of borough, but free to Islington residents only	Comfort Ofili	0207 263 3397	comfort.ofili@islingtonmind.org.uk

Islington Mind <i>Outcome Project</i>	<i>Mindscape</i>	TUESDAYS 1.30pm	35 Ashley Road, London N19 3AG	The MindScape group is for LGBT only . Open to people from any borough, but you do need to contact Sigal before you can access the group.	Sigal Avni, Outcome manager	020 7272 6936 (Tuesdays only)	sigal.avni@islingtonmind.org.uk
Islington Mind	<i>Islington Mind Hearing Voices Group</i>	FRIDAYS 2.15-3.30pm	The Hub, 48 Despard Rd, N19 5NW,	Open to people who live in Islington . New members please arrive at least 15 minutes early for a chat, or call the number displayed to speak with Pat.	Pat O'Driscoll	020 330 198 50	Pat.odriscoll@islingtonmind.org.uk
LAMBETH							
Certitude	<i>Exploring Beliefs</i>	THURSDAYS 6pm - 8.30pm	Mosaic Clubhouse, 65 Effra Rd, SW2 1BZ	Open to anyone, regardless of borough	Garry or Richard	07868 399 458	actioninrecovery@gmail.com
LEWISHAM							
Bromley Rd Hospital	<i>Original Support</i>	WEDNESDAYS 11am – 12pm	84-86 Bromley Road, SE6 2UR	closed group	Ope Oyinsan	020 8695 6051 x107	
Bromley & Lewisham Mind	<i>Deptford Hearing Voices Group</i>	Tuesdays, 2.30pm - 4pm	Deptford Reach, Speedwell St, SE8 4AT	You must be referred to Bromley & Lewisham Mind Peer Support Lewisham before attending. Please contact Smita in the first instance.	Smita Patel	020 3228 0760	
	<i>Sovereign House Hearing Voices Group</i>		Sovereign House, 84/86 Bromley Road, Catford, London, SE6 2UR	Closed group	Andrew Schofield	07969 329 349	andrewsch53@yahoo.com
NEWHAM							
East London Foundation MH Trust	<i>Hearing Voices Group (user led)</i>	?	Plaistow, London	?	Avi Dhanjal	07507 258 017	adhanjal30@gmail.com
East London Foundation MH Trust	<i>Hearing Voices Group (staff led)</i>	Tuesday afternoons	Plaistow, London	People must be referred and currently accessing mental health services in Newham. They also can request a referral form to complete themselves.	Claire Brett	020 3288 5080	VoicesGroupNewham@elft.nhs.uk
East London Foundation MH Trust	<i>Hearing Voices Group (staff led)</i>	Wednesday afternoons	Stratford, London	People must be referred and currently accessing mental health services in Newham. They also can request a referral form to complete themselves.	Claire Brett	020 3288 5080	VoicesGroupNewham@elft.nhs.uk
East London Foundation MH Trust	<i>(Newham Inpatients Hearing Voices Group)</i>		Newham Centre for Mental Health, Cherry Tree Way, Glen Road	Closed group	Nomir Ahmed or Barney Williams	020 7540 6782	
REDBRIDGE							
NELFT Spiritual Care Team	<i>Being Real</i>	once a month on the first TUESDAY at 2.30pm	London, E13 8SP	Must be receiving a service from NE London Foundation Mental Health Trust. Please contact Mirabai before attending.	Mirabai Swingler	0300 555 1077	Mirabai.Swingler@nelft.nhs.uk
	<i>Richmond Fellowship Hearing Voices Group</i>	Thursdays, from 3pm - 4pm	19 Mansfield Road Ilford, Essex IG1 3BA	Open to people from all boroughs . People will be invited to meet with the facilitators to exchange information about the group and themselves.	Nick Giscombe	0208 514 5586	
Imagine Redbridge	<i>Redbridge Hearing Voices Group</i>	Tuesdays, 12.30 pm – 14.00 pm	Imagine Redbridge 852 Cranbrook Road Barkingside, Ilford IG6 1HZ	For people living in Redbridge Borough. Participants need to be referred to Imagine to access this service	Panu or Sharad	0208 551 5314	pramachandran@imaginementalhealth.org.uk (internal use)
RICHMOND							
Shenehom Housing			31 Ranelagh Ave, Barnes SW13 0BN	closed group, runs infrequently	Vanessa Maier	020 8876 2199	

	<i>Richmond & Surrey Hearing Voices Group</i>	Every last Thursday of the month, 11.00am - 1pm	The Richmond Library Annex, Quadrant Rd, Little Green TW9 1DH	Open to people from all boroughs	Wendy Micklewright	0208 898 6727	
SOUTHWARK							
Lambeth & Southwark Mind	<i>Southwark Hearing Voices Group</i>	Tuesdays, from 1pm - 3pm	Cambridge House 1 Addington Square, Camberwell London, SE5 0HF	Open to people from all boroughs	Eleanor Shoutlitz	020 3228 1800 / 0796912815	suc@lambethandsouthwarkmind.org.uk
SUTTON							
Sutton Mental Health Foundation	<i>Cheam Hearing Voices Group</i>	Alternate Wednesdays	63 Downs Road Belmont Sutton, SM2 5NR	Open to people living in Richmond, Kingston, Wandsworth, Merton & Sutton. Self referral, but call for a chat first.	Carol	020 8770 0172	admin@smhf.org.uk
Sutton Mental Health Foundation	<i>Sutton Hearing Voices Group</i>	Alternate Thursdays	Sutton College St. Nicholas Way Sutton SM1 1EA	Open to people living in Richmond, Kingston, Wandsworth, Merton & Sutton. Self referral, but call for a chat first.	Paul or Carol	020 8770 0172	admin@smhf.org.uk
Sutton Mental Health Foundation	<i>Springfield Hospital Inpatient Group</i>		Ward 3 Springfield University Hospital 61 Glenburnie Road London SW17 7DJ	Open to all Springfield patients (including those in other wards) and recently discharged patients. Self referral, but speak to a facilitator first.	Paul or Carol	020 8770 0172	admin@smhf.org.uk
TOWER HAMLETS							
BowHaven	<i>Cool To Believe</i>	WEDNESDAYS 1pm-3pm	Bow Community Hall, 1 William Place, Roman Road, E3 5ED	Open to anyone living in Tower Hamlets	Pete	07718 589 432	cooltobelieve@gmail.com
	<i>Beside Hearing Voices Group</i>	Thursdays, 3-5pm	51 3 Colt's Lane London, E2 6FW	Open to people living in Tower Hamlets. You need to become a member of Beside to join the group.	Abigail	0207 033 6888	info@beside.org.uk
	<i>Voices Within</i>	Wednesday 10.30 – 12.30	Bow Haven Community Hall William Place Centre, Roman Rd, London E3 5ED	For people living in Tower Hamlets. Referral by a mental health professional needed.	Kareem	0207 364 5531	
WALTHAM FOREST							
http://www.wfhvg.co.uk	<i>Waltham Forest Hearing Voices Group</i>	Fridays 2.30pm to 4.30pm	Harmony Hall (off Walthamstow market) 10 Truro Road, Walthamstow London E17 7BY	For voice-hearers and their carers, in Waltham Forest only. Currently unable to take on new members. People looking to join will be put on a waiting list.	Hannah	07554 545 107	hschwartzman@talktalk.net
WANDSWORTH							
Wandsworth & Westminster Mind	<i>Wandsworth & Westminster Mind Hearing Voices Group</i>	Alternate Thursdays, from 1pm to 3pm	Wandsworth Hub Allfarthing Lane London SW18 2AB	Open to people living within Wandsworth Borough. Self-referral or by a professional. Spaces for up to 8 members. A clinical risk assessment required (with the permission of the group member) prior to starting.	Christine Street	020 8875 9156	CStreet@wvmind.org.uk
WESTMINSTER							
St Mungo's Broadway		WEDNESDAYS 11am-12pm	Backroom of Hamindo's Café 78 Chepstow Rd, London W2 5BE	Open to all boroughs	Rachel Yates	07786 855 372	Rachel.Yates@mungos.org