

LIST OF PARANOIA SELF-SUPPORT GROUPS IN LONDON

| last updated 13/01/2015 | | | | | | | | |
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| <i>London Borough</i> | <i>organisation</i> | <i>name of group</i> | <i>address</i> | <i>day & time</i> | <i>open access or not</i> | <i>contact name</i> | <i>phone</i> | <i>email</i> |
| BARNET | | | | | | | | |
| | Mind in Barnet | <i>Suspicious Minds</i> | 55 Christchurch Avenue, London N12 0DG | WEDNESDAYS 2pm - 3.30pm | Must be receiving 'Eclipse' services in Barnet. To become a user of Eclipse, please call 0208 359 4999 | Tray Edwards | 020 8343 5700 | trayedwards@mindinbarnet.org.uk |
| BRENT | | | | | | | | |
| | Brent Mind | <i>Believe In Us</i> | 1B Dyne Road, Kilburn, London, NW6 7XG | MONDAYS 2pm - 4pm | Must be living in Brent | Raksha Gadhvi | 020 7604 5190 / 5164 | |
| BROMLEY | | | | | | | | |
| | Bromley & Lewisham Mind | <i>Parallel Views</i> | 5 Station Rd, Orpington BR6 0RZ | THURSDAYS 2pm – 4pm | Must be living within the Boroughs of Bromley or Lewisham. Please call first, if not already receiving a service from B&L Mind | Charlie Carpenter | 01689 603 577 | parallel.views.mind@gmail.com |
| CAMDEN | | | | | | | | |
| | Camden & Islington MH Trust | <i>Positive Connections</i> | Peckwater Centre 6 Peckwater Street, London NW5 2UP | FORTNIGHTLY WEDNESDAYS 11.30 -12.30 | Must be receiving a service from Camden & Islington Mental Health Trust | Jill Chadwick | 07771 872 923 | Jill.Chadwick@candi.nhs.uk |
| | Mind in Camden | <i>My Beliefs</i> | Barnes House, 9-15 Camden Rd, London NW1 9LQ | THURSDAYS 5pm-6pm | Open to anyone, regardless of borough, but free to Camden residents only. | Gayatri Bhasin | 020 7241 8973 | referrals@mindincamden.org.uk |
| | Thames Reach | <i>Paranoia & Beliefs Group</i> | Camden Spectrum Centre, 6 Greenland St, London NW1 0ND | 4pm – 5pm | Must be receiving a service from Thames Reach | Antony Ingram | 020 7267 4937 | Antony.ingram@thamesreach.org.uk |
| EALING | | | | | | | | |
| | John Connolly Unit | <i>Paranoia Group</i> | Ealing Hospital | WEDNESDAYS | closed group | Anna Ridewood | 0208 354 8943 | anna.ridewood@wlmht.nhs.uk |

| HACKNEY | | | | | | | | |
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| | EQUIP (Hackney Early Intervention Team) | <i>Paranoia & Beliefs Group</i> | Primrose Square Resource Centre 23 Primrose Square London E9 7TS | WEDNESDAYS fortnightly (starting 29/10/14) | Must be receiving a service from EQUIP (Hackney Early Intervention Team) | Emmeline Ham | 020 7033 6100 | Emmeline.ham@eastlond on.nhs.uk |
| | St Mungo's Broadway | <i>Women's Paranoia & Beliefs Group</i> | 136 Church Walk Stoke Newington London N16 8QQ | WEDNESDAYS 1pm – 2pm | Women only. Must be a St Mungo's client, or be referred from a health service within the borough of Hackney. | Sara or Olivia | 0207 249 5294 | |
| HARINGEY | | | | | | | | |
| | Clarendon Recovery College | <i>Paranoia & Beliefs Group</i> | Clarendon Road Hornsey London N8 0DJ | TUESDAYS 2.15pm – 3.45pm | Open to anyone, regardless of borough | Merva Smith | 07825 193 681 | |
| HARROW | | | | | | | | |
| | Rethink Mental Illness | <i>Paranoia & Beliefs Group</i> | The Bridge, Christchurch Avenue, Harrow, HA3 5BD | twice monthly on the 1 st and 3 rd Thursdays 12.30pm – 2pm | Open to anyone, regardless of borough. | Mary | 07976 759 968 | |
| ISLINGTON | | | | | | | | |
| | Islington Mind | <i>Paranoia & Beliefs Group</i> | The Hub, 48 Despard Rd, London N19 5NW | TUESDAYS 2.15pm- 3.30pm | Open to anyone, regardless of borough, but free to Islington residents only. | Comfort Ofili | 0207 263 3397 | comfort.ofili@islingtonmin d.org.uk |
| LAMBETH | | | | | | | | |
| | | <i>Paranoia & Beliefs Group</i> | Fanon Resource Centre, 105 Railton Road, London SE24 0LR | THURSDAYS 18.30 – 20.30 (Food from 1830 - 1900) | Open to anyone, regardless of borough. | Garry or Richard | 07710 389577 | |
| LEWISHAM | | | | | | | | |
| | Bromley Rd Hospital | <i>Original Support</i> | 84-86 Bromley Road, London SE6 2UR | WEDNESDAYS 11am – 12pm | closed group | Ope Oyinsan | 020 8695 6051 x107 | |

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| | Deptford Hearing Voices Service | <i>Paranoia & Beliefs Group</i> | Deptford Reach, Speedwell St, London SE8 4AT | MONDAYS 2.30pm - 4pm | Open to all boroughs. Turn up 20 mins beforehand for a chat. | John Robinson | 07966 391 211 | one.voicej@ntlworld.com |
| NEWHAM | | | | | | | | |
| | Newham Specialist Services | <i>Believe It Or Not</i> | Eastham Memorial Hospital, 297 Shrewsbury Rd, London E7 8QR | WEDNESDAYS 2pm | Must be receiving a service from either Newham Assertive Outreach or Newham Early Intervention team | Vince LaPompe | 07769 962699 | Vince.La-pompe@eastlondon.nhs.uk |
| REDBRIDGE | | | | | | | | |
| | Spiritual Care Team, N.E. London NHS Foundation Trust | | Goodmayes Hospital, 157 Barley Lane, Ilford, London IG3 8XJ | TUESDAYS (from 17/3/15) 2.30pm – 4pm | | Mirabai Swingler | 0300 555 1077 ext 65740 | Mirabai.Swingler@nelft.nhs.uk |
| RICHMOND | | | | | | | | |
| | Shenehom Housing | <i>Paranoia & Beliefs Group</i> | 31 Ranelagh Ave, Barnes SW13 0BN | | closed group | Vanessa Maier | 020 8876 2199 | |
| TOWER HAMLETS | | | | | | | | |
| | BowHaven | <i>Cool To Believe</i> | Bow Community Hall, 1 William Place, Roman Road, London, E3 5ED | WEDNESDAYS 5pm – 6.30pm | Must be living in Tower Hamlets | Pete | 07718 589 432 | cooltobelieve@gmail.com |
| WESTMINSTER | | | | | | | | |
| | St Mungo's Broadway | <i>Paranoia & Beliefs Group</i> | Volunteer Centre Westminster: 4 Sutherland Ave, W9 2HQ | WEDNESDAYS 11am – 1pm | Open to all boroughs. | Rachel or Chloe | 020 7266 0161 | rachel.yates@mungos.org |