

List of Hearing Voices Groups & Paranoia & Beliefs Groups								
COLOUR KEY								
Red font colour = 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>any restrictions to membership</i>	<i>contact name</i>	<i>phone</i>	<i>email</i>	
BEXLEY								
Mind in Bexley	Mind in Bexley Hearing Voices Group	Wednesdays 3:45PM - 4:45PM	Mind in Bexley, Milton House, 240A Broadway, Bexleyheath, DA6 8AS	Open to anyone living in Bexley, with a referral from a GP, social worker or community mental health team. The group usually runs for eight weeks followed by a two week break.	Pauline Fisher	020 8303 5816 x 1	pfisher@mindinbexley.org.uk	
BRENT								
Hestia	Hearing Voices Group		Ashford Place 60 Ashford Road London NW2 6TU	Closed group				
BROMLEY & LEWISHAM								
Bromley & Lewisham Mind	Parallel Views	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	
	Bromley Hearing Voices Group	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	Positive Connections	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	My Beliefs	THURSDAYS 5pm-6pm	Barnes House, 9-15 Camden Rd, NW1 9LQ	Open to anyone, free of charge, regardless of borough, but please email first.	Nigel Colbert	020 7241 8991	referrals@mindincamden.org.uk	
St Mungo's	The Craze	ALTERNATE TUESDAYS 11.30am - 1pm	Adamson Road, 33-35, NW3 3HT	Closed Group	Matt Blakemore	07736 886 959	Matthew.Blakemore@mungosbroadway.org.uk	
St Mungo's	Pulse	ALTERNATE TUESDAYS 11.30am - 1pm	180 Haverstock Hill, London NW3 2AL	Closed group	Matt Blakemore	07736 886 959	Matthew.Blakemore@mungosbroadway.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 anyone, free of charge, regardless of borough, but please email first.	Nigel Colbert	020 7241 8991	referrals@mindincamden.org.uk
Mind in Camden	<i>Mind in Camden Women's Hearing Voices & Unusual Beliefs Group</i>	Fridays, 2 - 3.15pm	Barnes House, 9-15 Camden Rd, NW1 9LQ	Open to all women who hear voices or experience beliefs, free of charge, regardless of borough, but please email first.	Nigel Colbert	020 7241 8991	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@wlhmt.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. To find out more, call CAPE on 020 8896 2552.	Stuart Derbyshire	020 8896 2552	tracey@capeproject.org.uk
ENFIELD							
Mind in Enfield	<i>Mind in Enfield Hearing Voices Group</i>	Mondays, 12.30 to 1.30pm (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	Sufia.Rahman@Mind-In-Enfield.Org.Uk
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	Dominic	020 8853 2395	
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@wlhmt.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	Open to anyone, regardless of borough.	Theresa or Lesliann	020 8489 4860	Lesliann.iat@haringey.gov.uk
HARROW							

Rethink Mental Illness	WhyFI	1 st and 3 rd Thursdays 12.30pm – 1.30pm	The Bridge, Christchurch Avenue, Harrow, HA3 5BD	Open to those living in Harrow only.	Nicole Busz	020 8427 8528	nicole.busz@rethink.org
HOUNSLOW							
Hounslow Wellbeing Network	Wellbeing Network Hounslow Hearing Voices Group	Every 1st and 3rd Thursday 1pm-2pm	The Arts Centre (dance studio), 1st Floor, Treaty Shopping Centre, Hounslow, TW3 1ES	Group open to people from all boroughs. No referral required, but please call Kevin first so he can explain more about the group.	Kevin Fullicks	07834 388022	kevin.fulllicks@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>	Mindscape	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	Islington Mind Hearing Voices Group	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
St Martin of Tours	Hearing Voices Group	Tuesdays, 12pm - 1pm	Wilton Villas, London N1 3DN	Closed group			
LAMBETH							
Recovery in Action	Exploring Beliefs	THURSDAYS 6pm - 8.30pm	Mosaic Clubhouse, 65 Effra Rd, SW2 1BZ	Open to anyone, regardless of borough	Garry Ellison	0300 365 7300	actioninrecovery@gmail.com
LEWISHAM							
Elysium Healthcare	Original Support	WEDNESDAYS 11am – 12pm	84-86 Bromley Road, SE6 2UR	closed group	Ope Oyinsan	020 8695 6051 x107	
Bromley & Lewisham Mind	Deptford Hearing Voices Group	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	
NEWHAM							
East London Foundation MH Trust	Hearing Voices Group (user led)	Tuesdays 3pm-4.30pm	St John's Church, Stratford Broadway, London E15 1NG	For people currently accessing mental health services in Newham. A self-referral form needs to be completed and then new group members meet with facilitators before joining a group.	Avi Dhanjal	07507 258 017	adhanjal30@gmail.com

East London Foundation MH Trust	Hearing Voices Group	Tuesdays 3.30pm-5pm	115 Balaam Street, E13 8AF	For people currently accessing mental health services in Newham. A self-referral form needs to be completed and then new group members meet with facilitators before joining a group.	Claire Brett	020 3288 5080 / 07811 347 929	claire.brett1@nhs.net
East London Foundation MH Trust	Hearing Voices Group	Thursdays 3pm-4.30pm	St John's Church, Stratford Broadway, London E15 1NG	For people currently accessing mental health services in Newham. A self-referral form needs to be completed and then new group members meet with facilitators before joining a group.	Claire Brett	020 3288 5080 / 07811 347 929	claire.brett1@nhs.net
REDBRIDGE							
NELFT Spiritual Care Team	Being Real	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
Imagine Redbridge	Redbridge Hearing Voices Group	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, and to be over 18 years old, and to hear voices.	Jo, Panu or Sharad	0208 551 5314	jestuckey@imagineindependence.org.uk
RICHMOND							
Shenehom Housing			31 Ranelagh Ave, Barnes SW13 0BN	closed group, due for relaunch autumn 2019	Clair Boheimer	020 8876 2199	clair@shenehomhousing.org.uk
	Friendship Peer Support Group	Every last Thursday of the month, 11.00am - 1pm	The Richmond Library Annex, Quadrant Rd, Little Green, Richmond TW9 1DH	Open to people from all boroughs	Wendy Micklewright	0208 898 6727	wmicklewright@yahoo.co.uk
SOUTHWARK							
Lambeth & Southwark Mind	Southwark Hearing Voices Group	Tuesdays, from 1pm - 3pm	Cambridge House 1 Addington Square, Camberwell London, SE5 0HF	Open to people from all boroughs	Eleanor Shoutlitz	020 3228 1800 / 0796912818 5	suc@lambethandsouthwarkmind.org.uk
SUTTON							
Sutton Mental Health Foundation	Cheam Hearing Voices Group	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	Sutton Hearing Voices Group	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	Springfield Hospital Inpatient Group		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	Cool To Believe	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
	Beside Hearing Voices Group	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
	Talking Sense	1st & 3rd Wednesdays 7pm-8.30pm	The Canvas Café, 42 Hanbury St, London, E1 5JL	Open to all boroughs	Lauren or Janey		talkingsenselondon@gmail.com
	Voices Within	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	020 3022 5778	
WALTHAM FOREST							
http://www.wfhvg.co.uk	Waltham Forest Hearing Voices Group	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
WESTMINSTER							
St Mungo's Broadway		WEDNESDAYS 11am-12pm	Backroom of Haminados Café 78 Chepstow Rd, London W2 5BE	Open to all boroughs	Rachel Yates	07786 855 372	Rachel.Yates@mungos.org