

# Reach Out Camden



We help people to get **free** mental health support

To get help you need to be:

- Over the age of 18 and
- Registered at a GP surgery in Camden



## How we work

We work with different groups of people

We find out what you need help with

We give information about services that will help you feel better



# Support you can get

We can give you a key worker or a peer mentor

They can:

- Help with anything you need
- Work the way you want
- Spend time with you to build trust



## Things we cannot help with



We are not advocates or an emergency Service



For emergency you can -

- Call **999** or visit the **Accident and Emergency team** in the hospital



- Call Camden Crisis team on **08009173333**

## Group Activities



You can join different groups to meet people, keep learning and to have fun

Groups we have:

- Adult Education
- Museums
- Art and craft
- Gardening
- Nature walks
- Exercises





# Peer Support Groups



We have groups for people who have had the same experiences as you



We want to make sure you feel safe to talk about your experiences

# User Involvement



You can join groups like Camden Borough User Group (CBUG)



In these groups you can share ideas on how to make services better

# How to get the support

You or someone who knows you (like a friend or GP) can make a referral to our team



Please fill in this easy read form

easy read

Your name

Address

Phone

Referral can be done :

- Online
- Over the phone
- By post
- Visit Mind in Camden or Likewise



You can ask us to call you back if you need help with the form



## How to get the support



Once we get your referral, we will call you to arrange for a meeting



At the meeting we will discuss what support you need



We will offer you services you need  
You can take your time to decide what you want

## To get help



Email us at: [webadmin@reachoutcamden.co.uk](mailto:webadmin@reachoutcamden.co.uk)

Call us on **02072418984**



On other days please leave a voicemail and we will get back to you in 3 days

Write to us at:

**Reach Out Team**, Mind in Camden, Barnes House, 9-15 Camden Road, London NW1 9LQ

