

Brent Mental Health

For people aged 18+ living in the Borough of Brent
who are accessing CNWL services or who are eligible for CNWL services

**Peer Support Navigation, Workshops & Groups,
Befriending Support and Substance Misuse Support**



Peer Navigation - practical and emotional support to help you either when you are being discharged from inpatient settings or when you are in the community and need additional, intensive support to help you move forward in your recovery journey from a staff member with their own lived experience of mental illness. Support to access community services and help you get involved with your community.

Workshop and Groups - co-produced continuously evolving workshops such as managing anxiety and creative activities. A place to gain peer support and gain new skills

Befriending Support - from a volunteer to reduce social isolation, access community activities and build social networks in the local community.

Substance Misuse Support - provided by Change, Grow, Live (CGL). Support for people who are already using CNWL services, who have drug and/or alcohol & mental health issues to access treatment, advice on harm reduction & advocacy. Referrals for this part of the service are via the CNWL Community Mental Health Team.

To Find out more contact us at
brentmentalhealth@rethink.org
call 07775697854
www.rethink.org/brentmentalhealth

If you want to access the service, speak to your CNWL worker or GP who will be able to refer you through the new Brent locality hubs