



Contact us

If you have any questions about Brent Mental Health Service or would like to find out more about when groups and sessions are running, please get in touch **with questions or if you would like this leaflet in a different language** – we'd be delighted to hear from you!

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 Rethink
Mental
Illness.

Leading the way to a better
quality of life for everyone
severely affected by mental illness.

For further information
on Rethink Mental Illness
Phone 0121 522 7007
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 Rethink
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Brent Mental Health Service

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



How you can get involved

If you are currently accessing the service or have accessed the service in the past, then we want you to help us co-produce & co-deliver the service through:

- Delivering & producing workshops with staff
- Becoming a volunteer
- Joining our service advisory group
- Evaluating our service
- Facilitating Peer Support Groups

 **Change
Grow
Live**

 **NHS**
Central and North
West London
NHS Foundation Trust

What we do

Our Brent Mental Health Service has 4 different parts. Depending on your needs you can access one or more parts of the service to get the support you need

About us

Rethink Mental Illness provide this service in partnership with Change, Grow, Live (CGL). This service is funded by Central North West London NHS Trust (CNWL) who we work in close partnership with delivering the service.

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

The service is delivered in a range of community locations across the borough of Brent.

To access the service you

- Be accessing CNWL services or be eligible for CNWL services
- Must be 18+
- Live within the borough of Brent
- Have a mental illness
- Have a substance misuse problem in addition to mental illness

Well-being Peer Support Navigation

The Peer Navigation Workers draw directly on their own lived experiences of mental illness. A peer can understand your stories & help it to be useful to personal recovery.

Peer Navigation Workers provide emotional & practical 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. The support will typically be between 8-12 sessions. We can support you with benefits, housing, employment, training, education and support you to access community services and help you get involved with your community. We will work with you as an individual & offer a tailored service to meet your needs

Workshops and Groups

We deliver a continuously evolving, co-developed programme of recovery-focused workshops incorporating opportunities for creative expression & healthy living. This includes managing anxiety, mindfulness, cultivating confidence. Groups will provide an opportunity for peer support & provide you with new self management & coping strategies.

Befriending Support

Befrienders are volunteers who act as community connectors to local services and support you to access & build social & community networks & activities in order to foster social inclusion & improve quality of life.

Befrienders help you to reduce social isolation. Befriending takes place throughout the week including evenings & weekends depending on what you want to achieve.

Substance Misuse Support

The Assessment and Engagement Recovery Workers from Change, Grow, Live (CGL) provide Support for people already using CNWL services, who have drug and/or alcohol and mental health issues to access treatment & support based on individual needs. We provide support to listen to concerns, offer advice, harm reduction, referral, guidance & advocacy for people with drug & alcohol issues & help them get into treatment. Referrals for this part of the service are via the CNWL Community Mental Health Team only.

Find us online at our webpages
www.rethink.org/brentmentalhealth
or find us on facebook
[@brentmentalhealthservice](https://www.facebook.com/brentmentalhealthservice)

