Community LivingWell

Working together for your wellbeing

NHS

Do you need support to improve your mental health and wellbeing?

If you are 16 or over or caring for someone who is then Community Living Well is a service that offers you a different kind of support for your mental health needs.

It brings people together from your local NHS, voluntary sector and local community groups in one service which will work alongside you and your GP to help you access the support you need.

Community Living Well offers easy access to a range of services in one place, including:

Employment – Advice and support to gain or retain paid employment, improve employability skills and know your rights in the workplace

Navigators – Practical support with a range of issues including benefits, debt, housing options, access to health and social care services and support to access specialist advice and information

Peer Support – Wellbeing workshops, one-to-one support, peer support groups, social activities and peer support training with other people who have had similar experiences to you

Primary Care Liaison – Structured support from specialist mental health nurses and workers

Self-Care – Support and activities that help you to take care of your own mental, emotional and physical wellbeing

Talking Therapies – Short-term support for when you experience difficult emotions, such as low mood, worry and stress

Where can I access Community Living Well?

Our services are based at:

Violet Melchett Centre

30 Flood Walk
London
SW3 5RR

St Charles Centre for Health and Wellbeing

Exmoor Street
London
W10 6DZ

Gertrude Street

15 Gertrude Street
London
SW10 0JN

We also provide services at selected GP surgeries and in other local community venues

There are links to other resources and information on the Community Living Well website: communitylivingwell.co.uk