

Get in touch...

Use the details below to get in touch or ask your GP or another health professional involved in your care to refer you into the service.

communitylivingwell.co.uk

email: cnw-tr.clw@nhs.net

tel: 020 3317 4200

Community Living Well hubs are located at:

St Charles Centre for
Health and Wellbeing
Exmoor Street
London
W10 6DZ

Violet Melchett
Centre
30 Flood Street
London
SW3 5RR

Gertrude Street
15 Gertrude
Street
London
SW10 0JN



Community
LivingWell

Working together for your wellbeing



St Mary Abbotts Rehabilitation and training

The Navigator Service is delivered by SMART.
Community Living Well is a collaboration of NHS and voluntary sector partners.

SMART is a registered charity - No. 292787

Community Living Well is not a crisis service. If you are worried about your mental health or the mental health of a friend or family member then please contact the Single Point of Access on **0800 0234 650** for help, advice or support over the phone, 24 hours a day.

Navigators

Community Living Well

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

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

Community Living Well brings people together from your local NHS, voluntary sector and local community groups into 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 wellbeing and clinical services including:

- **Primary Care Liaison**
support from specialist mental health workers
- **Talking Therapies**
to help if you are stressed, worried or low in mood. We can also help individuals who are adjusting to having a new baby or those who need help to live with long term conditions
- **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
- **Employment Support**
supporting you to find work, take steps to improve your job prospects or keep your job
- **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
- **Self-Care**
Support and activities that help you to take care of your own mental, emotional and physical wellbeing



Navigators

Can the navigator service help me?

The Navigator service is available to people aged 16 years and over, who are registered with a GP Practice in Kensington and Chelsea or the Queen's Park and Paddington areas of Westminster. The service is for people:

- with stable, long term mental health needs
- who are, or could be supported in a primary care setting
- who are carers of people who meet the criteria for the service.

Community Living Well Navigators can help if you need:

- practical support with a range of issues for example benefits, debt, housing options, access to health and social care services and other rights and entitlements
- support to access specialist advice and information
- support to take steps to improve physical and mental wellbeing.

What support does the navigator service give?

This service offers short term support of up to six sessions, depending on the level of need.

A Navigator can work with you to:

- identify the areas you would like support with
- Set out what you would like to achieve
- Explore your options
- Create a Wellbeing Plan, led by you, detailing how your needs can be met, who will support you and how
- Offer practical support to help you access the right services and support based on your needs, preferences and the options available to you
- Coordinate care and support to help you to achieve your goals
- A Navigator can support you to speak up for yourself and make your own decisions.

I have been looking for support like this for a long time and I feel I have been listened to.