



Community
LivingWell

Working together for your wellbeing



Support for 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.

Community Living Well offers you easy access to:

- Information on how to look after your mental health and wellbeing, including online support
- Local workshops, social activities and support groups with other people who have had similar experiences to you
- Help with issues such as housing and benefits
- Support to keep or find work, and information on volunteering opportunities
- Talking Therapies (IAPT), including one-to-one sessions, phone or video calls, to help if you are stressed, worried or low in mood
- Support from specialist mental health workers



www.communitylivingwell.co.uk

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Community Living Well is available to people who are registered with a GP in the Kensington & Chelsea or Queen's Park & Paddington areas. Community Living Well is a collaboration of NHS and voluntary sector partners.