



Community
LivingWell

Working together for your wellbeing



Central and
North West London
NHS Foundation Trust

Supporting your mental health and wellbeing

Your community
mental health service
for Kensington &
Chelsea, Queen's Park
and Paddington.



Do you need support with your mental health and wellbeing?

Community Living Well

Community Living Well is a service that offers you, or the person who cares for you, a different kind of support for your mental health needs.

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

Easy to access

We have brought the primary and secondary mental health services together to make it easier for you to access them. It means you won't have to repeat your story to different people, and there will be fewer transitions between different teams.

Ongoing support

Your care will be focused on your personal recovery to help you get back on your feet. We can give you help and advice, and recommend other organisations and groups that can provide additional support, like connecting you with your community, for example.

Assessment and Treatment

In some cases, you will have a named worker who will support you during your recovery and help develop a care plan with you. This plan of treatment will be based on your needs and goals.

"I had the most wonderful, transformative experience at Community Living Well. My sessions were filled with accessible resources that I could take away and use at my own pace, and the advice and help offered to me was always deeply personalised and tailored to my specific needs."

**Service User
Talking Therapies**

How can we help to improve your mental health and wellbeing?

Our Services

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

Talking Therapies

Short-term support for when you experience difficult emotions, such as low mood, worry and stress. It can also support people with managing the practical and emotional aspects of living with long-term physical health conditions. You can refer yourself to this service.

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. You can refer yourself to this service.

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. You can refer yourself to this service.

Employment

Advice and support to gain or retain paid employment, improve employability skills and know your rights in the workplace. You can refer yourself to this service.

Self-Care

Support and activities that help you to take care of your own mental, emotional and physical wellbeing. You can refer yourself to this service.

Specialist Mental Health Care

Community Mental Health Hubs are based around GP surgeries and give you access to specialist mental health support. The Hubs bring together a range of mental health specialists, such as GPs, nurses, therapists, peer workers, social workers, pharmacists, employment support and navigators, all of which will be working closely together to help you on your journey to recovery. Speak to your GP for more information.

How can I access Community Living Well?

You can refer yourself quickly and easily by:

- completing the form on our website communitylivingwell.co.uk
- or email us at cnw-tr.clw@nhs.net



Scan to self-refer

Alternatively, you can ask your GP or other professional involved in your care to refer you to Community Living Well.

If you need urgent assistance...

- Contact your GP surgery

If you need help in a mental health crisis call Freephone 0800 0234 650

- If a mental health crisis occurs when your service is closed (if you are an existing patient), or, if you are not an existing patient, your GP is closed, call Freephone **0800 0234 650** (open 24 hours a day, seven days a week) or email cnw-tr.spa@nhs.net
- Relatives, carers and health professionals can call this number for help or advice in a crisis, or to discuss a potential referral. Trained mental health advisors and clinicians are available 24 hours a day, seven days a week.
- If you have already taken an overdose or injured yourself, dial 999

