



Community
LivingWell

Working together for your wellbeing

NHS

Central and
North West London
NHS Foundation Trust

Supporting your mental health and wellbeing

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.

Community Living Well offers you easy access to:

- Information on how to look after your mental health and wellbeing, including online support
- 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, including one-to-one phone or video calls, to help if you are stressed, worried or low in mood
- Support from specialist mental health workers



Speak to your GP today or contact us:
communitylivingwell.co.uk
020 3317 4200 | cnw-tr.clw@nhs.net

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.

Scan to
self-refer:

