

About Us

Inspire is a Mental Health Consortium made up of 8 partner organisations. We have been commissioned by the London Borough of Tower Hamlets and are working together to create and deliver a new and innovative range of Mental Health, Recovery & Wellbeing Services across the Borough.



Our Belief

We believe that mental health services should consult and involve local people to provide integrated services that promote good public health and wider social effect.



First Point of Access Service Assessment, Signposting & Short-Term Support

The Inspire Mental Health Consortium is made up of the following 8 partner organisations:



This service is delivered by the following Consortium partners:



Inspire Mental Health Recovery & Wellbeing Services | Central Office
Open House | 13 Whitethorn Street | London | E3 4DA

ICFPA01-1216

FIRST POINT OF ACCESS SERVICE

What is the service?

The First Point of Access Service provides a gateway to the full range of services that the Inspire Consortium offers and also other opportunities in the wider community, sign-posting and connecting people. All individuals wanting to access Inspire Mental Health, Recovery & Wellbeing Services will initially be assessed by this service.

This assessment may be over the telephone, on the internet or in person. This service also provides time limited 1 to 1 support sessions for up to 8 weeks.

Who is the service for?

Any resident 18 years+ of Tower Hamlets who may be experiencing Mental Health issues will be able to access the First Point of Access Service.

What can I expect from using the service?

- A comprehensive assessment to help people identify their needs and build upon their strengths.
- To be given advice, information and support either by telephone, online or in person by staff with expert knowledge of the local population and opportunities in Tower Hamlets.
- To be sign-posted to other services and groups both within the Consortium or in the wider community.
- To have the opportunity to access short-term 1 to 1 support (based on individual need).
- To have access to specialist welfare and benefits advice.
- Access to a diverse staff team that reflect local communities.

What are the expected outcomes if I take part?

- You will develop coping strategies to improve mental health and wellbeing.
- You will have improved problem solving and self-management skills.
- An increase in personal confidence.
- The knowledge that enables you to access support networks both existing and new.
- Increased resilience and life skills.

How can I access the First Point of Access Service?

You can self-refer to the First Point of Access Service or you may be referred by a Health Professional such as a GP, Social Worker or the Community Mental Health Team.



You can telephone the service by calling them on:

0330 0538122* *Calls will be charged at local network rates. Charges from mobiles will vary. Please check with your network provider.



You can email the service at:

enquiry@inspire-wellbeing.org.uk



You can Live Chat online with a Support Worker on our website:

www.inspire-wellbeing.org.uk



You can write to us or visit our office at:

**Inspire Mental Health Recovery & Wellbeing Services
Central Office | Open House | 13 Whitethorn Street
London | E3 4DA**