

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.



One to One and Group 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

ICOOGS02-1216

www.inspire-wellbeing.org.uk

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ONE TO ONE AND GROUP SUPPORT

What are the services?

The One to One and Group Support Services provide individual support and a group work programme to people with longer term Mental Health needs. The team will use a variety of recovery support tools and goal setting tools to work with individuals to help improve mental health and physical wellbeing and enable people to access services and support networks in the wider community. The services will provide a comprehensive programme of outcome focused groups, activities and events across a diverse range of venues in the Borough which help facilitate and support mental health, wellbeing and recovery.

Who are the services for?

Any resident 18 years+ of Tower Hamlets who is currently experiencing or who has experienced Mental Health issues. However priority will be given to people with longer term Mental Health needs under the CPA process, those with enhanced Primary Care Mental Health Services and/or those receiving eligible social care packages.

What can I expect from using the services?

- One to One support to help you to be more independent and build confidence in managing your mental health and wellbeing.
- Tools, tips and resources to support you to develop coping strategies.
- Access to a timetable of group activities that support your recovery and wellbeing and enable you to access mainstream activities.
- One to One support that enables you to navigate through the opportunities available and the encouragement and support you need to access and participate in them.

What are the expected outcomes if I take part?

- Improved Mental Health and physical wellbeing.
- Increased independence, confidence, self-management and resilience.
- More choice and control in your life.
- Greater opportunities for building social and support networks.

How can I access the One to One & Group Support?

You can self-refer to the Inspire Services or you may be referred directly by a Health Professional such as a GP, Social Worker or the Community Mental Health Team. All new referrals will initially be referred to the First Point of Access Service where they will assess your needs and ensure that you are able to access the right service for you.



You can telephone the First Point of Access 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:

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London | E3 4DA**