

## How can I access the service?

You can self-refer to the Inspire Mental Health Recovery & Wellbeing Services or you may be referred directly by a Health Professional such as a GP, Social Worker or the Community Mental Health Team. **All enquires and referrals are handled by the First Point of Access Service:**



**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](mailto:enquiry@inspire-wellbeing.org.uk)**



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

**[www.inspire-wellbeing.org.uk](http://www.inspire-wellbeing.org.uk)**



**You can write to us at:  
Inspire Mental Health  
Recovery & Wellbeing**

**Service | Central Office | Open House |  
13 Whitethorn Street | London | E3 4DA**

## 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.

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



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

ICGEN01-1216



# Inspire

## Mental Health Recovery & Wellbeing Services

**Developing and delivering new and  
innovative mental health services  
across Tower Hamlets**

**[www.inspire-wellbeing.org.uk](http://www.inspire-wellbeing.org.uk)**

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## What are the aims of the Inspire Mental Health, Recovery & Wellbeing Services?

The aim of the Mental Health, Recovery & Wellbeing Services is to improve the outcomes and life chances for people living with Mental Health problems in Tower Hamlets.

The services will help to ensure change is made so that through practical problem solving and both short and longer terms support planning people's lives improve.

## Who can access and use Inspire Services?

Any resident of Tower Hamlets who is 18+ and may be experiencing Mental Health issues is able to access Inspire Services.

People will be able to self-refer to the services or may be referred by Health Professionals such as GPs, Social Workers or the Community Mental Health Team.

Individuals can use any number of the services at any time.

Which services people need to connect with will and may change depending on each individual's needs.

## What are the services?

### First Point of Access

Providing a gateway to the full range of services offered. Providing assessment, signposting & Short Term 1-1 support.

### Service User Involvement & Co-Production

Giving a voice and involvement chances to Services Users in the Borough. Contributing to the on-going design, development and delivery of services.

### One to One & Group Support

Delivering an individual longer term One to One support service and a group programme of activities, events and groups that support well-being.

### Work & Wellbeing Hub

Providing advice, training and support to enable people to develop skills confidence & knowledge. To achieve their training or employment goals.



## What can I expect from using these services?

People who use these services can expect to have:

- More choice, responsibility and control over their lives.
- Greater independence in all areas of their lives.
- Better understanding of their own recovery.
- Coping strategies for managing their wellbeing.
- Increase in their general wellbeing.
- Increased knowledge of the opportunities available to them in the wider community.
- Valued social role, increased confidence and improved living skills.
- Contributed and had a voice in the development and delivery of services.
- Access to positive social, educational and personal development opportunities.
- Support, advice, information and practical assistance to develop.
- Access to highly valued vocational work, volunteering and training opportunities.
- Specialist employment support.