

How can I access the service?

You can self-refer to the Inspire Services or you may be referred directly by a Health Professional.



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 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 commissioned by the London Borough of Tower Hamlets to deliver a 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:



Mental Health Consortium
Mental Health Recovery & Wellbeing Services

Peer Support Service

Meaningful support from workers with lived experience of mental illness

What is Peer Support?

Peer Support provides people who are emotional or in mental distress with access to someone with similar lived experience.

Peer Workers are trained to be able to provide people with practical and useful techniques that help with the recovery journey and improve mental well-being.

Support is provided on a 1-1 basis or in a group setting in the community.

Peer Support is strengths based and is a useful way of reconnecting with the community. It is helpful in providing meaning, hope and clarity for people when things may seem chaotic.



Who are Peer workers?

Inspire Peer Workers are part of the Involvement & Co-Production service.

They have lived experience of mental illness and a good all round knowledge of the mental health system.

Peer Workers really know what it is like to be 'in the system and in mental distress.'

What can I expect from using these services?

- The chance to share mutual experience.
- Greater confidence and understanding of recovery.
- Increased knowledge of the opportunities available in the wider community.
- Support, advice, information and practical assistance to develop self.
- A reduction in feelings of isolation and loneliness.

What people have said about using the Peer Support Services:

'Having access to a Peer Worker helped build my confidence and encouraged me to learn new skills.'

'...Having a Peer Worker believe in my strengths has given me the confidence to go forward and try new things that I might not have tried before.'

