

How to contact Inspire



You can call us 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 us on:

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. This particular service is provided by the partners bordered in green below:



ICCPFA01_1018F



First Point of Access Service

The gateway to a range of Mental Health support services across the borough of Tower Hamlets.

**To access services call us
on: 0330 0538122***

**Opening Hours:
Mon-Wed & Fri - 9am-5.30pm
Thursday - 9am-8pm**

www.inspire-wellbeing.org.uk

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Who is the service for?

- Residents in Tower Hamlets aged 18+
- Experiencing Mental Health issues

How to access services?

Accessing the First Point of Access service is easy. You can:

- Self refer .
- Be referred via a GP/Doctor or other Health Professional.
- Be referred by family, friend or carer.

If you are unsure please give us a call.



What does the service do?

Connects people to a range of services, organisations and groups in Tower Hamlets.

To improve people's wellbeing the First Point of Access provide:

Assessments—Choice of telephone or face to face

Signposting— Connecting people to a range of services, organisations and groups in Tower Hamlets.

1:1 support—individual tailored support planning.

What can I expect from using these services?

- More choice, responsibility and control over your life.
- Greater confidence
- Increased knowledge of opportunities available in the community.
- Support, advice, information.
- Access to employment, volunteering and training opportunities.

What people have said about using Inspire Services:

'I find staff go above and beyond the call of duty to help...'

'I feel my opinions were valued by staff.'

'Excellent respect and listening by staff.'

'I cannot begin to explain how much more self belief and motivation I have gained since I started...'

Where to find us?

Inspire Mental Health, First Point of Access, Central Office, Open House, 13 Whitethorn Street, London. E3 4DA

