

## How to access Inspire services?

You can self-refer to the Inspire Services or you may be referred directly by a Health Professional e.g. by your doctor/GP.



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 highlighted partners below:



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Mental Health Consortium  
Mental Health Recovery & Wellbeing Services

Are you looking for support with your mental health?

# One to One & Group Support

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

Opening Hours:  
Mon - Fri 9am-5.30pm

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

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## Who is the service for?

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

## What does the service do?

### We can offer:

**One to One Support:** provides you with person centered support that helps you improve your confidence, resilience and self esteem through active encouragement and support.

**Group Activities:** gives you the chance to access and attend over 30+ activities and groups across 6 different locations in Tower Hamlets.

There are 5 themes that run across these activities and groups:

- Cultural Groups
- Creative and Recovery
- Health and Wellbeing Activities
- Therapeutic
- Learning and Educational

## How to access services?

Accessing the individual support services is easy. You can self refer (using the contact details on this leaflet).

Alternatively, speak with your health care professional, Care coordinator or if you are under the CMHT you can see a nurse in the community relating to your MH.

If you are unsure please give us a call for a chat.



## What can I expect from using these services?

- Greater confidence and understanding of recovery and wellbeing.
- Increased knowledge of the opportunities available in the wider community.
- Support, advice, information and practical assistance to develop self.
- Improved Mental & Physical Health.

## 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...'