Your wellbeing journey

Where to go for mental wellbeing support in North Kensington



Updated March 2022

Life can be tough, and sometimes stress, worries and world events can affect our mental and emotional wellbeing.

We want you to know where to go for support if you live in North Kensington. There are a range of services designed to support you online, and in the community.

Adults

- ► Kensington & Chelsea Mind
- Our Power Hub
- ▶ The Clement James Centre
- ► Grenfell Recovery College
- ► Al-Hasaniya Moroccan Women's Centre

Young people

- ► Kensington & Chelsea Mind
- Our Power Hub
- ▶ Papyrus

Attend a

wellbeing workshop



Young people ▶ Start with your GP

- Start with your GP
- ► Community Living Well **▶**CAMHS
- ▶ Grenfell Health and Wellbeing Service

Adults

▶ Grenfell Health and Wellbeing Service

Get NHS support

Click the arrows to explore

Start here: Self-help online support

Adults

resources

- Start with Hub of Hope
- DirectMe.org
- ► Kensington & Chelsea Mind
- ► Kensington & Chelsea Social Council
- Calm Harm (app)
- Catch It (app)
- ► Chill Panda (app)
- Cove (app)
- distrACT (app)
- ► Samaritans (app)
- Thrive (app)
- ► Worry Tree (app)
- Every Mind Matters

Young people

- ► Start with Hub of Hope
- **▶**Shout
- ▶ Kooth
- ► Bluelce (app)
- Samaritans (app)
- ►Thrive (app)
- ► Worry Tree (app)
- ► DirectMe.org
- ► Every Mind Matters



Support from community and faith groups

Adults

- **▶** Latimer Community Art Therapy and Henry Dickens Community Centre
- ► Kensington & Chelseg Mind (therapy/peer support)
- ► Together for Grenfell
- ► The Samaritans (24/7)
- ▶The SPACE
- ► Al Manaar Muslim **Cultural Heritage Centre**
- ► K&C Volunteer Centre
- ▶Open Age
- ► Minds United
- ► Midave Somali **Development Network**

- ► Al-Hasaniya Moroccan Women's Centre
- ▶ ACAVA
- Our Power Hub
- ▶The Clement James Centre
- ▶ The Alcohol Service
- ► Hope Gardens -Maxilla Walk, W10 6SW

Young people

- ► Latimer Community Art Therapy and Henry Dickens Community Centre
- ► Kids on the Green
- Our Power Hub
- ► Winston's Wish



Crisis support

- ► CNWL urgent advice line: 0800 0234 650
- ▶ Crisis text line: Text HOME to 741741
- ► Call 999 if you or someone you know are in danger
- ►Samaritans: 116 123

Notes

Is this helpful? Please tell us how we can improve this document by emailing cnwl.grenfellcomms@nhs.net