

## Who can refer?

The Recovery Space will accept referrals who have been fully assessed and clinically cleared by:

- **SLaM Acute Referral Centre**
- **Croydon University Hospital - Psychiatric Liaison Team, ED & AMU**
- **Croydon Home Treatment Team**
- **Croydon Assessment Team**
- **Croydon Flow Team (Bethlem Royal)**
- **Croydon GP practices**
- **CMHT – primary care/med support only**

WE DO NOT ACCEPT SELF  
REFERRALS OR DROP INS

## Recovery Space Team

The team is made up of clinical and non-clinical staff who have training and / or experience of working in the mental health field.

All staff members have enhanced DBS checks and access to supervision.

**Email:** [recoveryspace@mindincroydon.org.uk](mailto:recoveryspace@mindincroydon.org.uk)

## Location:

10 Altyre Road  
East Croydon  
CR0 5LA

You can get to The Recovery Space (CR0 5LA) from Croydon University Hospital by bus on the following routes: 64, 198. You can also travel via train or tram from West Croydon to East Croydon.

## Opening Times:

Recovery Space	6pm - 11pm, 365 days
Last face to face admittance	9.30pm
Last telephone assessment	10.30pm

## Enquiries/referrer support line:

07729 102 613

Monday to Friday	12noon-11pm
Saturday & Sunday	6pm-11pm

**Email:** [recoveryspace@mindincroydon.org.uk](mailto:recoveryspace@mindincroydon.org.uk)

## Information for Referrers & Professionals



A safe, supportive, non clinical environment for people experiencing a social mental health crisis as an alternative to using other crisis services.

*Recovery Space*  
*6pm - 11pm, 365 days*

mind in Croydon

## What is the Recovery Space?

A non-clinical, safe space for a maximum of 10 persons per evening (delivered in a flexible manner, providing both face to face and remote online / telephone support where needed).

A supportive environment for people in social mental health distress as an alternative to using other crisis services.

Short term support for an initial 4 weeks with the possibility for 2 Recovery Support Group sessions (total 6 weeks).

A space to discuss the nature of their crisis and identify strengths / coping strategies to minimise distress.

Our aim is to promote wellbeing, social inclusion and recovery.

### Eligible for referral:

Any person aged over 18 years old.

Appears distressed, anxious, low in mood, or agitated without significantly disturbed behavior.

Current situation may be as a result of, or exacerbated by social issues such as relationships, family/carers, housing.

Person has the capacity to understand the reason for referral and the support that can be offered.

Can access and care for themselves independently within the Recovery Space unless accompanied by 1 adult carer.

Has been fully assessed and clinically cleared by one of our trusted assessor partnerships.

### Not eligible for referral:

Appear to require urgent assessment and or treatment by a secondary MH service.

Are behaving in an aggressive or disturbed manner and may be a risk to others.

Appear to be under the influence of alcohol or other substances.

Is assessed to be at high risk of self-harm / suicide.

Have a primary diagnosis of Dementia, Severe Learning Disabilities and / or Autism. Those with a primary mental health issues and mild to moderate LD / Autism will be able to access the service.

Are not able to understand or assessed to lack capacity to engage in the assessment or referral process.

Are not able to care for themselves independently in the Recovery Space.

### The Recovery Space can offer support to develop:

- Knowledge of own relapse indicators.
- Identification of triggers / cyclical patterns in relation to crisis.
- Effective coping mechanisms.
- Effective recording techniques (mood mapping, thought diary).

- Self-esteem, confidence, resilience & independence.
- Personalised wellbeing tool kits.
- Skills to address practical issues that impact mental health.
- Confidence to consider training, courses or opportunities for achievement.

### Through:

- A calm reflective space to support de-escalation of crisis.
- Access to Crisis Support Workers
- Two 1-2-1 focused support sessions.
- Additional booked drop in / crisis sessions.
- Two 1-2-1 moving on sessions.
- A person centred approach
- A range of groups and therapeutic activities.
- IT suite & Self Help Hub
- Information hub to signpost to services and / or community resources.

### Discharge

The Recovery Space will implement a discharge planning approach so that clients are aware that the Recovery Space is a short term measure to support them to manage their crisis.