

What do we do?

Whether you are struggling with your mental health or having trouble understanding how the benefits system works, we at the Croydon Health and Wellbeing Space will connect you to the support and advice you need.

We offer support on a variety of issues ranging from social isolation to welfare benefits, physical activity to housing advice and much more.

Did you know?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness.

Who are we?

Support Workers: Assist you in accessing all support services available to you in Croydon relevant to your individual needs.

Crisis Team: Support you to manage your crisis, identify crisis triggers, identify strengths & effective coping methods, and improve self-confidence, esteem & independence.

Clinical Psychologist: Help you to identify your psychological, emotional and behavioural needs and helps you to work through these issues. They will help you to learn coping skills and manage difficult emotions.

WHAT'S ON?

Register your interest

Call 0203 154 9539 or email us at info@croydonhws.co.uk

Coping in the Cost of Living Crisis Workshop:

Run by Croydon Talking Therapies, advice on coping in the cost of living crisis and introduction to CBT techniques!

10:30am – 13:30pm

31st March

Fill in a short registration form to attend

Carers Counselling Group:

Educational sessions with a carer's counsellor.

10:30am – 11:45am

6th March - Raising self esteem

From April carers counselling will no longer be held at the CHWS

Carers Advice Group:

Network with other Carers and build your expertise.

10:30am – 11:45am

21st March – Looking after yourself

Welfare Benefits Advice:

Book a phone appointment with the welfare benefits team

9:30am – 3:30pm

Every Monday and Thursday

ACT for Recovery Group:

Learn skills to help you to live in the present and allow your feelings to be as they are.

12pm-2pm

Every Wednesday from 1st March

FREE Drop-In Sessions

Call 0203 154 9539 or email us at info@croydonhws.co.uk

<p>Department of Work and Pensions</p> <p>Get some advice and guidance at our drop-in session with a DWP specialist.</p> <p>Every Other Friday</p> <p>10am– 1pm</p> <p>3rd March</p> <p>17th March</p> <p>31st March</p>	<p>Working Homes:</p> <p>Start your journey towards finding a job that works for you.</p> <p>10:30am –2pm</p> <p>8th March</p> <p>22nd March</p>	<p>Healthy Homes:</p> <p>Tailored support to manage the cost of energy in your home.</p> <p>1pm – 5pm</p> <p>2nd March</p>
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Upcoming...

Be Kind to Yourself: Self-Compassion Therapy Group

Dates to be announced..

Register your interest now!

CONTACT US

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IN PARTNERSHIP WITH

