

Our Support Team:

- Connecting you to services in Croydon
- Mental Wellbeing Support and Clinical Support
- Social Isolation and Physical Wellbeing
- Building confidence with forms
- Understanding the benefit system
- Understanding housing procedures

DROP IN/CALL FOR AN INITIAL 15 MINUTE CHAT OR TO BOOK AN APPOINTMENT

Men's Group

A safe space for Men aged 18+ to discuss their mental health. The group will hold discussions on topics that are affecting men's mental health today.

These include: What it means to be a man today, anger, loneliness and reaching out, challenging negative thoughts and toxic masculinity.

Hot drinks and biscuits provided

Every Tuesday 14:30pm

SIGN UP NOW!

Carer's Support

Get some support and advice from Mind in Croydon's Carer Support Service. If you are looking after someone with a mental health condition and want to find out what support is available to you.

Thursdays

Appointments available throughout the day

BOOK A SLOT NOW!

Connect & Cope Group

Run by our Recovery Space and Support Team. Previous sessions covered anxiety, sleep, bereavement, stress, low mood, and self-esteem. This group will be ongoing so sign up for a place in the next cohort!

Every Thursday

2nd, 9th, 16th, 23rd, 30th November

14:30-16:00

SIGN UP NOW!

Benefit Advice

Department of Work and Pensions

Get some advice and guidance at our drop-in session with a DWP specialist.

Every Other Friday
24th November

10:00-13:00

DROP IN!

Welfare Benefits Advice

In partnership with Mind Welfare Benefits team. Book a phone appointment now for any benefit queries.

Every Monday and
Thursday

9:30-15:30

BOOK NOW!



Mental Health Support

Women's Health Group

We are starting a peer support Women's Health Group in the New Year and we need your input! If this group sounds like something you'd be interested in, scan the QR code to complete the short questionnaire.



Dance Movement Psychotherapy

Dance Movement Psychotherapy is back! Voluntarily run by trainee Dance Movement Psychotherapy students.

Using the body as a tool to enhance and improve mental health and psychological well-being.

Sessions available every Tuesday

JOIN WAIT LIST NOW!



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p>Drop in 10:00-13:00 Monday-Saturday Phone line open 10:00-17:00 Monday-Saturday Unit 1101-1102 Whitgift Centre, Croydon (next to Holland & Barrett) 020 3154 9539 info@croydonhws.co.uk</p> | | | | <p>2 CLOSED</p> <p>Welfare Benefit Appointments 14:30: Connect & Cope</p> | <p>3 Drop in 10:00-13:00</p> | <p>4 Drop in 10:00-13:00</p> |
| <p>5</p> <p>Closed</p> | <p>6 Drop in 10:00-13:00</p> <p>Welfare Benefit Appointments</p> | <p>7 Drop in 10:00-13:00</p> <p>Dance Movement Psychotherapy</p> | <p>8 Drop in 10:00-13:00</p> | <p>9 Drop in 10:00-13:00</p> <p>Carer's Support Welfare Benefit Appointments 14:30: Connect & Cope</p> | <p>10 Drop in 10:00-13:00</p> <p>10-1: DWP Drop in CANCELLED</p> | <p>11 Drop in 10:00-13:00</p> |
| <p>12</p> <p>Closed</p> | <p>13 Drop in 10:00-13:00</p> <p>Welfare Benefit Appointments</p> | <p>14 Drop in 10:00-13:00</p> <p>14:30: Men's Group Dance Movement Psychotherapy</p> | <p>15 Drop in 10:00-13:00</p> | <p>16 Drop in 10:00-13:00</p> <p>Carer's Support Welfare Benefit Appointments 14:30: Connect & Cope</p> | <p>17 Drop in 10:00-13:00</p> | <p>18 Drop in 10:00-13:00</p> |
| <p>19</p> <p>Closed</p> | <p>20 Drop in 10:00-13:00</p> <p>Welfare Benefit Appointments</p> | <p>21 Drop in 10:00-13:00</p> <p>14:30: Men's Group Dance Movement Psychotherapy</p> | <p>22 Drop in 10:00-13:00</p> | <p>23 Drop in 10:00-13:00</p> <p>Carer's Support Welfare Benefit Appointments 14:30: Connect & Cope</p> | <p>24 Drop in 10:00-13:00</p> <p>10-1: DWP Drop in</p> | <p>25 Drop in 10:00-13:00</p> |
| <p>26</p> <p>Closed</p> | <p>27 Drop in 10:00-13:00</p> <p>Welfare Benefit Appointments</p> | <p>28 Drop in 10:00-13:00</p> <p>14:30: Men's Group Dance Movement Psychotherapy</p> | <p>29 Drop in 10:00-13:00</p> | <p>30 Drop in 10:00-13:00</p> <p>Welfare Benefit Appointments 14:30: Connect & Cope</p> | <p>Upcoming Closures: 2nd November (Staff Training AM) Groups and booked appointments will still occur in the afternoon.</p> | |