

FAQs:

Can I self-refer?

No you need to be referred by a SLAM clinician / GP

Do I have to use the Recovery Space?

No, any referral would need your consent & agreement.

Can I bring someone with me?

You need to be able to get to the Recovery Space independently as we do not provide transport. You also need to be able to care for yourself, however, you can bring 1 adult carer if necessary, depending on Recovery Space capacity.

I'm worried about COVID. Do I have to attend the Recovery Space in person?

No, we can offer remote online / telephone support if required.

Can I come during the day?

Yes, we run pre-booked appointments from there from 10am-4pm, and from 4pm-11pm from our East Croydon location.

How long can I access the Recovery Space?

You can access the Recovery Space for six one-to-one sessions and as many group sessions as you like.

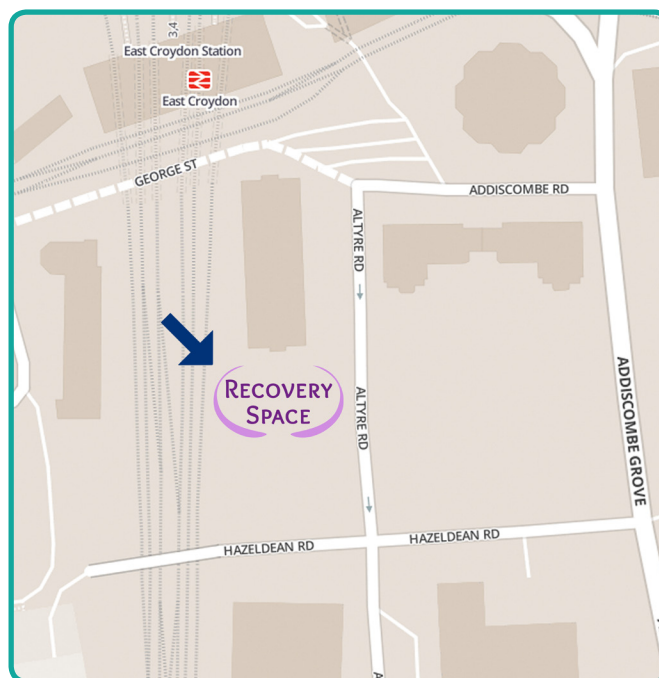
Can I just drop in?

Yes, you can drop-in to the Croydon Health and Wellbeing Space.

Directions

You can get to The Recovery Space (CR0 5LA) from Croydon University Hospital by bus on the following routes: 64, 198.

We are close to East Croydon train station and tram stop.



The Recovery Space is delivered in a flexible way, providing both face to face and remote online/ telephone support.

Welcome to
Croydon Recovery Space



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

Recovery Space
9am – 11pm, 365 days

 mind in Croydon