



Rethink Mental Illness

Brent Mental Health Service



Brent Mental Health Service

Who we are

Rethink Mental Illness provide this service in partnership with Change, Grow, Live (CGL). The service is funded by Central North West London NHS Trust (CNWL) who we work in close partnership with delivering the service.

To access the service you

- Be accessing CNWL services or be eligible for CNWL services
- Must be 18+
- Live within the borough of Brent Have a mental illness
- Have a substance misuse problem in addition to mental illness



Peer Navigation

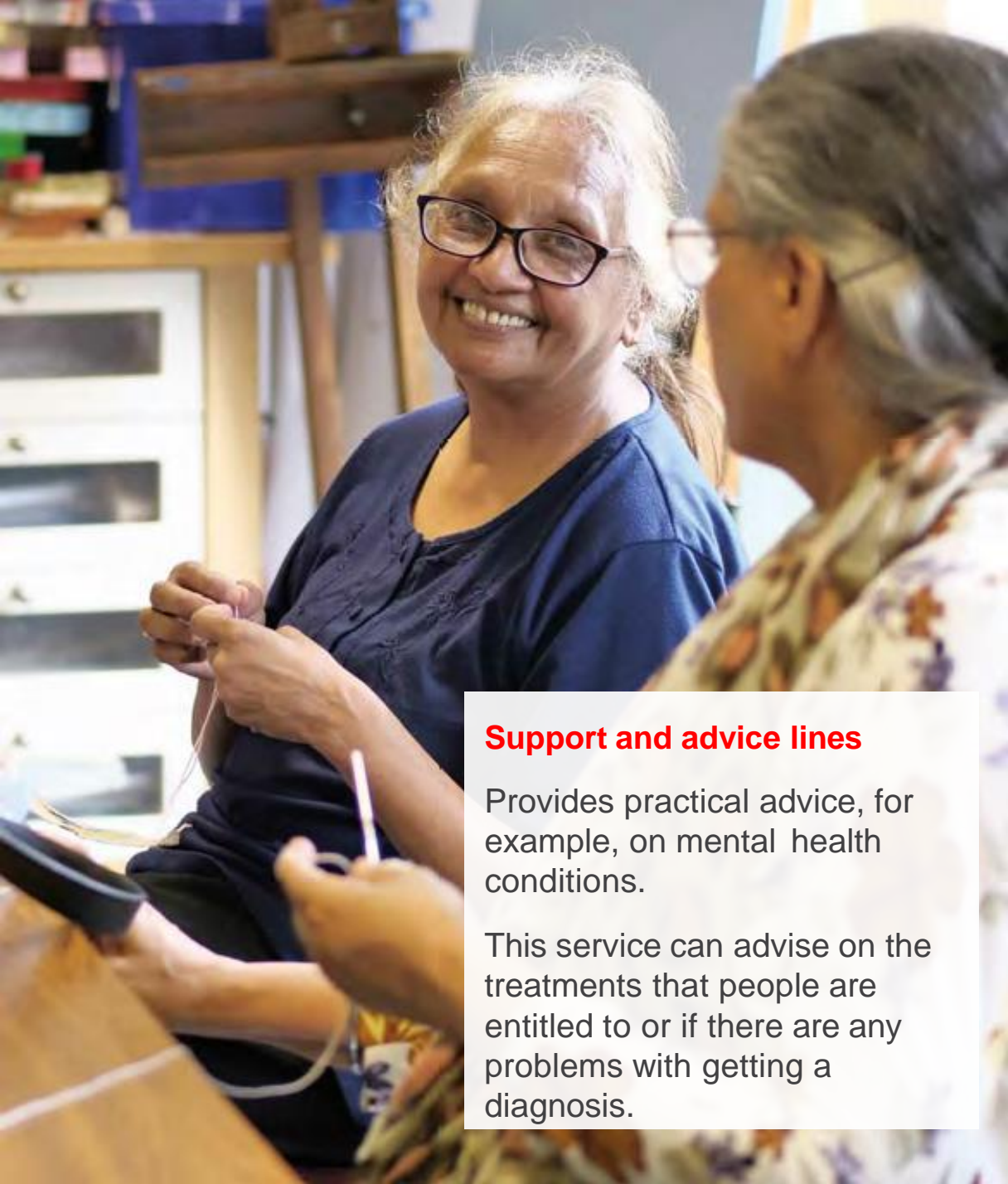
The Peer Navigation Workers draw directly on their own lived experiences of mental illness. A peer can understand your stories & help it to be useful to personal recovery.

We can support you with benefits, housing, employment, training, education and support you to access community services and help you get involved with your community.

Substance Misuse

Workers from Change, Grow, Live (CGL) provide Support for people already using CNWL services, who have drug and/or alcohol and mental health issues to access treatment & support based on individual needs.

Our services offer a flexible and personalised approach to recovery



Support and advice lines

Provides practical advice, for example, on mental health conditions.

This service can advise on the treatments that people are entitled to or if there are any problems with getting a diagnosis.

Befriending

Befriending is supported by volunteers who act as community connectors to local services and support patients to access & build social & community networks & activities in order to foster social inclusion & improve quality of life.

Workshop and Groups

We successfully delivered our first range of physical health workshops, this consisted of workshops such as smoking cessations, managing diabetes and food/nutrition

Groups will provide an opportunity for peer support & provide you with new self management & coping strategies



Referrals & FAQ

How do I refer a service user to your service?

Please email brentmentalhealth@rethink.org, with patient information including name, surname, and NHS number. Then include a detailed reason for your referral and which service they require.

What is the process once I make a referral?

Once the referral is received, it will be allocated to the appropriate member of staff. A staff member will make initial contact with patient within 3 working days of receiving the referral and make all necessary arrangements to conduct assessment etc.

Can a patient refer themselves directly?

No, all referrals must go through CNWL mental health teams or via the GP, (GP's can refer into the service but only via their allocated hubs using the GP Referral Form). Please contact Brentmentalhealth to receive a copy of the referral form.



Getting Involved

Join us as a

Volunteer

and help change lives.

We are always looking for new volunteers at our Brent Mental Health Service.



About the role

Volunteer

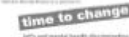
You will support service users to build social & community networks in order to reduce isolation & improve quality of life. We welcome volunteers who have lived experience of mental illness.

If you would like to know more, or join us for our online open day, we would love to hear from you.

Contact details
Phone: 07775967854
Email: brentvolunteering@rethink.org
Website: www.rethink.org/brentmentalhealth

rethink.org

In partnership with



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Befriending Volunteers

Patients currently accessing the service or have accessed the service in the past, we welcome them to help us co-produce and co-deliver the service:

- Becoming a Volunteer
- Facilitating Peer Support Groups
- Delivering & Producing workshops with staff

& Staff Opportunities

- If you are looking for a new challenge, we also have peer navigation opportunities.



**Change
Grow
Live**



Contact Us

If you have any Questions about Brent Mental Health Service or would like to get in touch, please get in touch, -We'd be delighted to hear from you!

0777 569 7854

Brentmentalhealth@rethink.org

www.rethink.org/brentmentalhealth

Leading the way to a better quality of life for everyone severely affected by mental illness.

For further information on Rethink Mental Illness

Phone 0121 522 700

Find us online at our webpages **www.rethink.org/brentmentalhealth**



Thank you