

How can we help?

Southwark Wellbeing Hub provides information and support for anyone in Southwark experiencing problems with their mental wellbeing.

1:1 Support

We offer up to 12 weeks of practical and emotional support during which we will work with you to identify your goals and how we can help you achieve them. This might involve connecting you to local services that provide specialist support. Your support worker can meet you in the community at a place to suit you, or you can speak on the phone.

Wellbeing Workshops

These are group sessions which can help people develop skills and tools to improve their wellbeing. They are free and open to anyone who lives in Southwark or is registered with a Southwark GP.

Peer Support

Peer Supporters use their own experiences of mental distress to support others towards better wellbeing. All Peer Supporters at the Southwark Wellbeing Hub are volunteers and receive comprehensive training prior to providing support. They also receive support and supervision from the Hub's Peer Support Coordinator.

Volunteer Support

Our volunteer team offer practical support to help you to achieve your wellbeing goals and engage with your local area. For example, a volunteer could go with you to a new service for the first time.

Service User Focus Group

Our focus group meets once a month and is an opportunity for you to offer us feedback about the Hub, and other mental health services in Southwark. Everyone who has used our service is invited and we'd love to see you there!

Complaints, Compliments and Comments

We welcome all feedback to help us improve the service we provide. If you have any complaints, comments or compliments about our service the first step is to approach a member of the Hub team.

For our full complaints, compliments and comments procedure please visit:
<http://www.together-uk.org/contact-us/comments/>

Please speak to a member of the Hub team to find out more about any of the above.

You can contact us by:

Email: southwarkhub@together-uk.org

Call us on: 020 3751 9684 or

Visit our website: southwarkhub@together-uk.org

