



Need a little help?

Sometimes we may need specific support with our mental health, to help us to remain as independent as possible, and there are several places within and outside the borough anyone can access this support.

Mental Health Centres and Drop-ins

- **Mental Health Enablement Drop-in Service.** Provides advice, information and advocacy to people who have mental health support needs. There is also support for healthy living, coping skills, developing community links, increasing confidence, lessening isolation and improving mental and physical wellbeing. General drop-in (mixed) Mon & Wed 10am-12pm, Friday 10am-4pm, Thursday – 10am-4pm (women only), for advice and support. Mental Health Resource Centre, 1st Floor, 65C Park Avenue, Enfield EN1 2HL. Tel 020 8364 1855
- **Enfield Counselling Service**

Provides counselling and Cognitive Behavioural Therapy (CBT) for individuals, Couples and groups. Enfield Counselling Service, St Paul's Centre, 102a Church Street, Enfield, EN2 6AR **Telephone:** 020 8367 2333 **Email:** ecs@onetel.com

Website: <https://enfieldcounselling.co.uk>

- **Enfield Clubhouse**

Enfield Clubhouse is a small, independent charity set up to help people with mental health issues lead purposeful lives in the community. Enfield Clubhouse aims to help people with the most severe and enduring mental health problems find and sustain meaningful work, social lives and supportive relationships. Requires referral from Mental Health Team and application for a personal budget to attend. Enfield Clubhouse, Room 10, Community House, 311 Fore Street, Edmonton, London, N9 0PZ Enfield Clubhouse is open on Wednesdays & Fridays 9.00 am to 4pm. **Telephone:** 020 8373 6346 or 020 8373 6387. **Email:** info@enfieldclubhouse.org.uk

Website: <http://www.enfieldclubhouse.org.uk>



- **MIND in Enfield**

A local registered charity helping to promote and improve the psychological and social wellbeing of local people who suffer from mental health problems. They offer a range of services including psychosocial support and wellbeing activities, counselling, advocacy, benefits and housing advice, educational information on mental health, personal development courses and a wellbeing cafe. Mind in Enfield, 275 Fore Street, Edmonton, London, N9 0PD. **Telephone:** 020 8906 7506 **Email:** reception.desk@mindinenfield.org.uk

Website: www.mind-in-enfield.org.uk

- **Let's Talk IAPT**

Let's Talk Improving Access to Psychological Therapies (IAPT) is a free NHS evidence-based talking therapy service for people 16 years old and over, who are worried or have low mood. We provide a range of treatment programmes including one to one therapy, counselling and group work. Self-referral available. **Enfield:** Let's Talk IAPT, Cornwall Villa Annexe, Chase Farm Hospital, 127 The Ridgeway, Enfield, EN2 8JL

Telephone: 020 8342 3012

Email: lets-talk-enfield@nhs.net

Website: <http://www.lets-talk-iapt.nhs.uk>

- **The Wellbeing Co.**

A voluntary sector organisation promoting positive mental health and wellbeing in a community based setting, including counselling, activities and workshops and social support groups. The Wellbeing Co, The Houndsfield Road Community Centre, 8 Houndsfield Road, North Enfield, N9 7RA. **Telephone:** 020 8804 2068

Email: info@thewellbeingco.org.uk

Website: <https://thewellbeingco.org.uk>



- **Wellbeing Connect Services**

Provides support for individuals and families who suffer or have experienced mental health issues, domestic violence or any other related ill health that has or could affect their mental, psychological, emotional, social or economic wellbeing. 215 Fore Street, Edmonton, London, N18 2TZ. **Telephone:** 020 88032200

Emails: info@wellbeingconnectservices.org admin@wellbeingconnectservices.org
referral@wellbeingconnectservices.org

Website: <http://www.wellbeingconnectservices.org>



Enfield Disability Action

EDA provides a number of services for disabled people with long term health conditions and people experiencing mental distress. Services include information advice, advocacy, direct payments support.

Contact details

- Telephone: 0208 373 6330
- Email: lanie@e-d-a.org.uk
- Website: <http://e-d-a.org.uk/home/>
- Address: 311 Fore Street, Community House, Enfield, N9 0PZ

Services

- Advice and advocacy
- Disability hate crime support
- Sport and social and cultural activities
- Campaigning and research and representation
- Self-directed support planning and brokerage
- Training and volunteering and employment support



- Advocacy, Direct Payments and Personal Budget support including payroll services and DBS checks, social groups, Information and Advice

EDA aims to be a one stop shop for disabled people living and working in Enfield. We pride ourselves on a person-centred approach, we want to see disabled people in Enfield achieve greater equality. We also aim to enable people to participate fully in society and access the services they are entitled to.

For advice and information including help with filing out forms, please contact 0208 373 6239 between 10am-3pm. Drop-in sessions available on the last Wednesday of every month between 10:00am-12:00pm.

The deaf project provides information, advice and guidance to individuals who are deaf or hard of hearing. Please contact 020 8373 6237. Drop-in sessions available Mondays and Wednesdays between 9:00am-12:00pm. BSL drop-in sessions also available once a month between 10:30am-12:00pm.

Legal referral drop-in every Tuesday 10:30am-13:00pm contact Enfield legal partnership project by email on ELPP@e-d-a.org.uk or call on 07852 572581.

Self Support Cancer Life drop-in available for those affected by cancer twice a month contact Deanna Rogers on 020 8373 6222 / 07583 459 911

We also provide employment mentors, and opportunities to volunteer. EDA provides advocacy and is also a hate crime reporting centre.

We work with other voluntarily organisations to make our voices stronger and to improve services.

Support with Direct Payments and personal budgets can be provided. Contact either by email udirect@e-d-a.org.uk or call on 0208 373 6349.