

Mental health & wellbeing Enfield and Haringey

Good mental health means that we feel happy about ourselves, have a sense of purpose and belonging, good self-esteem, and feel valued and in control of our lives. Mental health difficulties are very common and it is likely that we will all experience some form of mental distress.

Mental illness is more clinical, defined by symptoms and diagnosed by doctors. Treatments for mental illness are often based on medication but we can all take steps to improve our mental health whether or not we have a mental illness. For example, increasing your physical activity is associated with a 20% reduction in mental health issues.

5 tips to mental wellbeing

1. **Connect:** connect with people around you
2. **Be active:** Find an activity that you enjoy and make it a part of your life
3. **Keep learning:** Learning new skills can give you a sense of achievement and a new confidence
4. **Give to others:** Whether a smile or kind word or something bigger like volunteering
5. **Be mindful:** Be more aware of the present moment, including your thoughts and feelings, your body and the world around you

Websites

Here are some trustworthy websites for further information on the steps you can take to improve your mental health and wellbeing:

- [One You](#)
- [Thrive LDN](#)
- [NHS Choices](#)
- [MIND](#)

Apps

- **Chill Panda** Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.
- **Stress and anxiety companion** helps you handle stress and anxiety on-the-go. Tools like breathing exercises, relaxing music and games are designed to calm the mind. The app helps you change negative thoughts to help you better cope with life's ups and downs.

- **Catch-It** Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

When to go for help

The first stop should be your doctor, who may then decide to refer you on to more specialist services. You are normally referred by your doctor or health worker, but you can refer yourself to the Mental Health Team at the **Barnet, Enfield and Haringey Mental Health Trust**.

Local Services

- **Mind in Enfield** provides counselling, drop-in services, workshops and complimentary therapies.
- **Enfield Carers Centre** offers support and advice for all unpaid carers in the borough of Enfield
- **Richmond Fellowship** offers specialist employment information, advice and guidance to develop confidence, skills and abilities.
- **North London Samaritans** gives confidential emotional support, 24 hours a day for people who are experiencing feelings of distress or despair.

Support for Young People

Kooth is a free, safe and anonymous young person's health community:

- **Discover Kooth**
- **Kooth Mental Health Awareness Week Activities**
- **Young People and Coronavirus**
- **Be Kind to Your Mind**
- **Check in with Each Other**
- **Say Thank You**

In an emergency

- Barnet, Enfield and Haringey Mental Health NHS Trust- 0800 151 0023
- Out-of-hours service- 020 8379 1000

In an extreme emergency, phone 999 for immediate help from the ambulance, fire department or police

Supporting your adult mental health and wellbeing -Haringey

Many of us will experience some form of mental ill-health in our lives.

If you are experiencing depression, anxiety or other forms of mental distress it is important to get help as soon as possible. The sooner help is given, the sooner recovery can begin. Please see our [help in a crisis](#) page if you or someone you know is in crisis.

For less urgent issues, there is a lot we can do to improve our mental health and wellbeing – please see our [mental health and wellbeing page](#).

Haringey projects

The council and NHS work with charities and other organisations to provide a range of things that are available to support you around mental health. Information on all services is available at [Haricare](#), but some of the main projects are listed here.

- [Haringey Wellbeing Network \(external Link\)](#) offers the main point of access into support around mental health outside of the NHS. Run by a partnership that is led by Mind in Haringey, the network provides a range of advice, support and things to do which are aimed at addressing the causes of distress and avoiding things getting more serious - a range of group and one to one support that aims to prevent mental health problems, promote mental wellbeing and ensure those with mental health problems are respected and included in our local community.
- [Let's Talk Haringey \(external link\)](#) is a free NHS evidence-based talking therapy service for people 16 years old and over, who are worried or have low mood. They offer a range of treatment programmes including one to one therapy, counselling and group work. An animated video from NHS England will tell you more about talking therapies for common mental health issues such as anxiety and depression [Bernie's Story \(external link\)](#).
- [Mind in Haringey \(external Link\)](#) offer a range of services outside of the Wellbeing Network, including counselling and veterans support.
- [Haringey Thinking Spaces \(external link\)](#) are safe, inclusive and non-judgmental environments where local residents come together to think about how best to address individual or community issues. See their website for more information and the Thinking Spaces that are happening now.
- [Safe Haven Helpline](#) is a safe, confidential helpline for anyone living in, or who has a GP, in Haringey and is aged 18+. You can telephone 0800 953 0223 - 7 days a week, 5-8 pm, including bank holidays.
Out of hours: leave a message or text: 07943 156 973
- [Twining Enterprise Haringey \(external link\)](#) Individual Patient Support (IPS) is for patients/clients who have experienced serious mental illness and are motivated to find sustainable employment as part of their recovery and wellbeing in life. Referrals typically come from Haringey's community mental health teams, where Employment Specialists are integrated to enact a joined-up service to support recovery and enrol clients at any stage of their recovery. The service is delivered by Twining Enterprise, one of London's leading mental health and employment charities. For further information please contact m.groza@twiningenterprise.org.uk

Supporting your adult mental health and wellbeing - Enfield

Enfield Carers Centre

Britannia House
137-143 Baker Street
Enfield EN1 3JL
Tel: 0208 366 3677
www.enfieldcarers.org
info@enfieldcarers.org

Enfield Carers Centre is a local charity offering support and advice for all unpaid carers in the borough of Enfield. They offer social activities, opportunities to meet with other local carers, relaxation sessions and practical advice and information.

Enfield Mental Health Users Group (EMU)

Address: 53 Lancaster Road, Enfield, Middlesex EN2 0BU
Tel: 020 8366 6560

Mental Health Centres and Drop-ins - Enfield

- **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>

Mental Health support: Local and National Helplines

- **Enfield crisis line**
- **Samaritans** Call: 116 123 Available: 24 hours a day
Confidential and non-judgemental emotional support whenever you need someone to talk to.
- **Rethink**
Call: 0845 456 0455
Available: Monday to Friday 10am – 2pm
Rethink is the largest severe mental illness charity in the UK. The advice team are available to provide specialist advice on a wide range of mental health issues.
- **Saneline** Call: 0300 304 7000
Available: Daily 4.30pm – 10.30pm
Saneline is an out-of-hours telephone helpline offering practical information, crisis care and emotional support to anybody affected by mental health problems.
- **Maytree**
- **CALM_**
- **Silver line**
- **Grassroots**
- **Papyrus_**
- **Shout**
- **Young Minds_**
- **FRANK helpline** Call: 0800 77 6600
Available: 24 hours a day
The FRANK campaign helpline provides information and advice about drugs and information on local services. The service can take calls in over 120 languages via a three-way call with a translator.
- **LGBT**
- **Premier Lifeline**
0300 111 0101
Helpline providing a listening service, information, emotional and spiritual support from a Christian perspective
- **NHS information**