

How can we help?

Southwark Wellbeing Hub provides information and support for anyone in Southwark experiencing problems with their mental wellbeing. The Hub's services are free and open to anyone who lives in Southwark or is registered with a Southwark GP.

Signposting

We can help you find your way around local services and opportunities, and understand how to get the most from them. We can give you information about what organisations, services and activities are available locally, as well as information and tools to help you manage your own 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. These workshops might involve taking part in practical activities, learning about mental health conditions and coping strategies, or getting involved in a support group.

Peer Support

Peer Supporters use their own experiences of mental distress to support others towards better wellbeing, either one-to-one or as part of a group. All Peer Supporters at the Southwark Wellbeing Hub are volunteers and receive comprehensive training prior to providing support, in addition to 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.

Your Say 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!

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

Phone: 020 3751 9684 or

Visit our website: southwarkhub.together-uk.org

