

New Service

COVID19 Wellbeing Service

What we are offering:

- Increased level of support to clients that are already accessing a Mind in Tower Hamlets and Newham service.
- Support will include weekly wellbeing check-in sessions; this may involve some mindfulness or meditation.
- Out of hour wellbeing support, until 8pm.
- Aim to connect clients to daytime activities and support for increased recovery and wellbeing.
- Provide information on bereavement services.

How to refer:

- Referrals can be made through the Navigation service.

Contact details:

Please contact
connecting.communities@mithn.org.uk
for more information

