



croydon**voluntary**action  
since 1907



# Mental Health and Wellbeing support in Croydon

*Building Stronger Communities for Social Change*



**Active Minds:** Physical and mental wellbeing are intertwined, a healthy mind needs a healthy body and a healthy body needs a healthy mind. Active Minds is a social inclusion service which can encourage you to look after your wellbeing by supporting you to become more physically active. We can help you develop your knowledge on healthy living issues, like the importance of nutrition, sleep, relaxation and leisure time.

**Contact:** [activeminds@mindincroydon.org.uk](mailto:activeminds@mindincroydon.org.uk) | 020 8253 8205



**APCMH:** Croydon APCMH is a longstanding mental health charity in Croydon, which opened in 1989. We are unique in that our service is open access (there is no referral service) users and carers choose to use our service. We provide emotional and spiritual support with a concern for individuals rather than the mental health status. We have a number of groups and clubs. We provide a dependable service with stability and continuity.

**Contact:** [www.apcmhcroydon.co.uk](http://www.apcmhcroydon.co.uk) | 020 8654 4010



**Asian Resource Centre:** Asian Resource Centre delivers an effective, responsive service for local people, which increases social inclusion and community cohesion with an emphasis on health and wellbeing of Asian communities; hosting monthly coffee mornings open to all communities in Croydon.

**Contact:** [www.arcltd.com](http://www.arcltd.com) | 020 8684 3784 | [info@arcltd.com](mailto:info@arcltd.com)



**Carers Information Service:** The Carers Information Service provides information, advice and support to unpaid carers in Croydon looking after someone who needs their help due to illness, disability or old age. We run the Carers Support Centre in George Street, the one stop shop for carers in Croydon.

**Contact:** [www.carersinfo.org.uk](http://www.carersinfo.org.uk) | 020 8649 9339 option 1



**Care To Listen:** Care To Listen is a low-cost BACP Accredited counselling service located in Croydon (also serving local areas such as Sutton and Purley). We pride ourselves on delivering a quality service, that is accessible and affordable to all and aim not to have a waiting list. We specialise in integrative counselling which includes cognitive behavioural therapy and psychodynamic and person-centred counselling.

**Contact:** [www.caretolisten.co.uk](http://www.caretolisten.co.uk) | 020 8616 2160

**NEW ADDINGTON  
BAPTIST CHURCH**

**Community Family Project:** The Community Family Project provides one-to-one support and practical help for individuals and families. Our project has three support groups that focus on those with mental health and wellbeing needs. Our Family Support Worker is available to work alongside anyone facing difficult situations and needing help. We can also provide details of other services within New Addington.

**Contact:** [www.newaddingtonbaptistchurch.co.uk](http://www.newaddingtonbaptistchurch.co.uk) | 01689 800291



**Croydon BME Forum:** Our Community Development Worker's (CDW's) Service works in partnership with statutory providers, voluntary sector organisations, faith groups and BME communities in order to address the inequalities in mental health service, experience and outcomes. Our work focusses on groups and individuals that fall within the categories of 25–65 years old and those who are 65+.

**Contact:** [www.bmeforum.org](http://www.bmeforum.org) | 020 8684 3719



**Croydon Community Mediation (CCM):** Croydon Community Mediation (CCM) is a local charity, which helps neighbours settle disputes. Our service is free to all residents of Croydon. Our highly trained and experienced mediators help people work through disagreements with their neighbours. Most of our cases involve noise or anti-social behaviour, but we will help with any problem. We have also helped community groups and workplaces work through problems between members and employees.

**Contact:** [www.croydonmediation.org.uk](http://www.croydonmediation.org.uk) | 020 8686 6084



**Croydon Counselling Foundation:** We provide professional and affordable counselling for the local community in Croydon and surrounding areas. A BACP accredited service and registered charity, we offer affordable Psychodynamic counselling sessions for anyone that needs a safe space to talk.

**Contact:** [www.croydoncounsellingfoundation.org.uk](http://www.croydoncounsellingfoundation.org.uk) | 020 8760 0665



**Croydon Drop In:** CDI established in 1978 to support young people and families by offering free and confidential counselling, information, advice and advocacy services. These are delivered through a variety of projects. For further information please contact us through our website email facility or call our office.

**Contact:** [www.croydondropin.org.uk](http://www.croydondropin.org.uk) | 020 8680 0404



**Cruse Bereavement Care:** Cruse Bereavement Care in Croydon was set up over 30 years ago and provides free and confidential advice, information and support to anyone living in the Croydon borough who is bereaved. As well as one-to-one support, our volunteers also offer bereavement support groups (where there is demand), and a Social Group.

**Contact:** [www.crusecroydon.org.uk](http://www.crusecroydon.org.uk) | 020 8916 0855



**Evolve Housing + Support:** Evolve Housing + Support is a homelessness and community support charity working with 2,000 people each year. We provide supported housing for homeless young people and adults with a range of support needs in the London boroughs of Croydon, Lambeth, Lewisham, Bromley, Merton, Wandsworth and the Royal boroughs of Kensington & Chelsea. We also provide Work and Learning, Health and Wellbeing services and a homelessness prevention service in schools through mentoring.

**Contact:** [www.evolvehousing.org.uk](http://www.evolvehousing.org.uk) | 020 7101 9960



**Hear us:** Hear Us is Croydon's Mental Health Service User Group which acts as a coordinating body to facilitate and ensure service users involvement in the planning, delivery and monitoring of mental health services in Croydon.

**Contact:** [www.hear-us.org](http://www.hear-us.org) | 020 8681 6888 | [info@hear-us.org](mailto:info@hear-us.org)



**Home Group:** Home Group, a social enterprise and a charity is one of the UK's largest providers of high-quality housing and supported housing services and products. We provide new and innovative ways to offer a new model of care and housing for people with mental health, learning disability and older people providing reablement support to return home.

**Contact:** [www.homegroup.org.uk](http://www.homegroup.org.uk)



**Inaspectrum Adult Autism:** We can help you understand the diversity in Autism, we can help you make amendments to include those you value. No fees. A little chat, no big deal, just understandable support.

**Contact:** [Inaspectrum@hotmail.com](mailto:Inaspectrum@hotmail.com) | 07900 990292



**Imagine Independence:** Imagine Independence is all about promoting independence. We work together with people with mental health issues and other challenges so they can live a full and independent life. Many of the people we engage with have lots that they can contribute to their community. We work to help them have decent housing, employment, fulfilling leisure activities, good health and a respected place in society.

**Contact:** [www.imagineindependence.org.uk](http://www.imagineindependence.org.uk) | 020 8253 7078



**Ment4:** Provides one-to-one specialist mentoring for 11-17 year olds in Croydon with emotional and behavioural difficulties. We help those vulnerable to crime and exploitation, excluded from education and with mental health challenges. Mentoring is referred by professionals and directly by families and runs for 4-6 months, working through problematic thinking and helping them achieve goals. Free films and resources are available on our web site.

**Contact:** [www.ment4.org](http://www.ment4.org) | 077528 17882 | [info@ment4.org](mailto:info@ment4.org)



**Mind in Croydon:** Mind in Croydon is a charity that continues to be at the forefront of developing ways to work with people with mental health problems and their families in Croydon. We work to promote good mental health and to empower people to lead a full life, as part of their local community.

**Contact:** [www.mindincroydon.org.uk](http://www.mindincroydon.org.uk) | 020 8668 2210



**OASIS Croydon:** OASIS is a mental health service supporting young adults to overcome difficulties and distress associated with hearing voices, paranoia or unusual ideas. OASIS supports young people between 14 and 35 years old, living in South London. Offering regular on-going support, talking therapy and practical and medical advice.

**Contact:** [www.meandmymind.nhs.uk](http://www.meandmymind.nhs.uk) | 020 3228 5800 | [oasisreferrals@slam.nhs.uk](mailto:oasisreferrals@slam.nhs.uk)



**Off the Record:** Off the Record is an award-winning young people's mental health charity, established in 1994, offering a range of support services for children and young people across the London Boroughs of Croydon, Sutton and Merton. Our Croydon services include face-to-face and online counselling, therapeutic support for young refugees & asylum seekers, young carers services and BAME mental health outreach work.

**Contact:** [www.talkofftherecord.org](http://www.talkofftherecord.org) | 020 8251 0251



**OpenMinds:** OpenMinds Social Care is a specialist mental health organisation which makes recovery from a mental health difficulty the main focus of its intervention. We provide practical, emotional and social support via a floating support service to adults in the community who are experiencing mental health challenges. We work alongside clients, supporting them as they make decisions to shape their lives and to lead meaningful and active roles in their communities.

**Contact:** [www.openmindssocialcare.co.uk](http://www.openmindssocialcare.co.uk) | Tel: 0208 2406521



**Place2Be:** Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools, using tried and tested methods backed by research. We believe that children should not have to face mental health problems alone.

**Contact:** [www.place2be.org.uk](http://www.place2be.org.uk) | 020 7923 5500



**RASASC:** Established in 1985 as a women-only service from an anonymous building in Croydon, South London. We offer long term one-to-one counselling, group therapy for female survivors, and play therapy for children aged 4+ who have suffered from any form of sexual abuse (rape, childhood sexual abuse, trafficking, exploitation and FGM). This service is delivered by fully qualified specialist sexual violence therapists. Support to parents of abused children is also available.

**Contact:** [www.rasasc.org.uk](http://www.rasasc.org.uk) | 020 8683 3311 | Free Helpline: 0808 802 9999



**Roundabout:** Roundabout helps develop good mental health in people of all ages and all abilities by using dramatherapy to generate psychological, educational and artistic benefits. The initial focus is on what each individual brings to the session, exploring the creative and spontaneous potential of the body and mind, through working with drama-related techniques. We are based in Croydon and work London-wide.

**Contact:** [www.roundaboutdramatherapy.org.uk](http://www.roundaboutdramatherapy.org.uk) | 020 8665 0038



**South East Cancer Help Centre (SEHC):** We aim to give any person affected by cancer an opportunity to explore ways which may help them to cope with their situation. \*Confidentiality is always maintained\*. The Centre aims to respect and support clients in the choices they make and to provide individual and group support, complementary therapies and information \*within a friendly, caring environment\*. These services have local NHS recognition. We offer counselling to anyone over the age of 12 affected by cancer.

**Contact:** [www.sehc.org.uk](http://www.sehc.org.uk) | 020 8668 0974



**St Christopher's:** St Christopher's Creating Conversations Project includes creative bespoke workshops around all aspects of End of Life Planning. Research shows that planning ahead enhances well-being. Knowing that wishes have been documented, gives peace of mind and a renewed energy in living for today.

**Contact:** [www.stchristophers.org.uk/creatingconversations](http://www.stchristophers.org.uk/creatingconversations) | 07753 460 437 | [c.trower@stchristophers.org.uk](mailto:c.trower@stchristophers.org.uk)



**Studio Upstairs:** Studio Upstairs is an established art and wellbeing charity. Our vision is for a world in which everyone can transform their life through creative communities. We provide positive, life-changing interventions for adults with mental or emotional difficulties within an artistic therapeutic community. Our small, weekly groups are facilitated by trained, HCPC registered therapeutic professionals who are also artists. They encourage people to develop their art skills, define and reach personal goals, to connect with others and to improve their wellbeing.

**Contact:** [www.studioupstairs.org.uk](http://www.studioupstairs.org.uk) | 020 8616 5440



**Unique Roots:** Unique Roots is a community service promoting Holistic Health & Wellbeing lifestyle by creating opportunities in community growing sessions. Learn how to grow your own organic food, sow seeds, urban farming, tend of crops. Based at Valley Park Surgery in Purley, Mayfield Road (Thornton Heath & Norbury Horticultural Society) and Selhurst Medical Centre.

**Contact:** [www.e-voice.org.uk/uniqueroots](http://www.e-voice.org.uk/uniqueroots) | 07956 445550

# Mental Health and Wellbeing support in Croydon



24 Hour Mental Health Helpline for  
S. E. London (incl. Croydon)

**0800 731 2864**

The helpline is for anyone who is experiencing mental health distress and for those who care for them. It is for those who are living in the boroughs of Lambeth, Southwark, Lewisham and Croydon and need help. It is for current patients and for those who have never used any services.

There is a comprehensive online Directory of Mental Health services in Croydon.  
See [directory.mindincroydon.org.uk](http://directory.mindincroydon.org.uk)

For a list of activities in Croydon check out our  
<https://www.connectwellcroydon.org.uk/>



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CVA Resource Centre  
82 London Road, West Croydon, CR0 2TB  
**Tel: 020 8253 7060**

**Email:** [cva@cvalive.org.uk](mailto:cva@cvalive.org.uk) | **Web:** [www.cvalive.org.uk](http://www.cvalive.org.uk)

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*We build stronger communities for social change by supporting citizens to take active roles in their neighbourhoods and by championing community organisations that nurture and celebrate local strengths.*