**Croydon Health and Wellbeing Space (CHWS)**

The Croydon Health and Wellbeing Space (CHWS) provides information, advice and guidance on issues affecting mental health. Delivered in partnership with Mind in Croydon, Croydon BME forum and NHS South London and Maudsley, the CHWS reaches people and communities who could otherwise fall through the gaps of mental health support. Based in central Croydon at the Whitgift Centre, the Advice Teamprovides tailored short-term advice, signposting and guidance on practical issues affecting mental health and wellbeing. Open 6 days a week, Monday to Saturday - drop ins are welcome between 10am – 1pm. All services are FREE**.**  No referral is needed, people can self-refer by either dropping in, calling (0203 154 539), or emailing for support ([chws@mindincroydon.org.uk](chws%40mindincroydon.org.uk)). Drop in, or call for an initial 20-minute chat, or, to book an appointment

* Housing Support: Provides emotional support and guidance for communications, as well as support to complete any housing application forms.
* Finance Support: Provides support with Welfare Benefits checks and form filling. We also have access to Mind in Croydon’s Welfare Benefits Advice Team who can support with complex queries and appeals. We facilitate a fortnightly drop in with the DWP and can signpost to debt advice services.
* Form filling support: We offer form filling support, to complete application forms - Benefit forms e.g. Personal independence Payment - Travel concession forms e.g. Blue Badge. This service is via appointment only
* Welfare Benefits Advice: In partnership with Mind Welfare Benefits team, we off support with any benefit queries. Phone appointments available every Monday and Thursday 09:30 -15:30
* Department of Work and Pensions (DWP) Drop In: For expert advice and guidance with a DWP specialist at our DWP drop-in session: Every other Friday from 10:00-13:00. No appointment required.

Drop in**:** Monday-Saturday from 10:00-13:00 atUnit 1101-1102 Whitgift Centre, Croydon (next to Holland & Barrett)

Telephone: 020 3154 9539, Monday-Saturday from 10:00-17:00

Email: [chws@mindincroydon.org.uk](chws%40mindincroydon.org.uk)