**Hear Us**

A ‘service user’ run charity based in Croydon, campaign for Croydon residents who can feel marginalised and unheard in relation to their wellbeing and mental health.

**Hear Us Welfare Rights Advice Project**

We listen, signpost and support *working age and older adult Croydon residents who struggle with their mental health* with: Personal Independence Payments (PIP), Universal Credit, Employment Support Allowance (ESA), Housing & Council Tax Benefits, Carers Allowance, Pension Credits, Blue Badge/Freedom Pass/Dial a ride, Mobility Car Scheme, Discretionary Grants, form filling, referrals and foodbanks through signposting. Appointments for those meeting our criteria for support can be arranged during office hours Monday – Friday. We consider a home visit in exceptional circumstances. E: [welfare-rights@hear-us.org](mailto:welfare-rights@hear-us.org) | W:  <http://www.hear-us.org/welfare-rights> |

T: 020 8681 6888 *\* If you go to voicemail please leave your name and number and the reason for your call*

Hear Us also

* provides sessions around reducing stigma in services and in-service delivery, encouraging everyone to look after their wellbeing.
* facilitates a *monthly open forum* where service users have an opportunity to hear from organisations providing support across the borough.
* manage a *peer support service (Linkworking)* across some mental health services run by SLaM and feedback what service users and their carers experiences are on the receiving end of those services.

W: <https://www.hear-us.org/>