

## USEFUL NUMBERS

London Borough of Havering  
01708 434343

Age Concern – Havering  
01708 796600

Citizens Advice Bureaux  
0844 826 9697

Bus Passes  
01708 433997

Samaritans  
01708 740000

Queens hospital  
01708 435000

HUBB  
0208 590 2666

Community Alcohol Team  
01708 433093

Re-think  
01708 767675

## HAVING MIND

Havering Mind is a local Mental Health charity. We aim to

- ◆ Support people with mental health issues.
- ◆ Provide carers support to people who care for someone suffering with mental health issues.
- ◆ Support children between the ages of 10-18 who are in social crisis.

### ARE YOU

- ◆ Positive—we need volunteers who can act as a role model to those who need a helping hand.
- ◆ A good listener—could you provide a listening ear, build rapport and give those in need a chance to be heard.
- ◆ Approachable—are you friendly, polite and responsive.

If you answered yes to these questions and would like to become a volunteer for Havering Mind please contact us.

Membership of Havering Mind is open to anyone with an interest in Mental Health.

Application for Membership to the Association.

Name.....

Address.....

.....

.....

Postcode.....

Telephone.....

Email address.....

Membership runs from 1st September—31st August

Fees:

Concessions	Single	£3.00
	Couple	£4.00

Non Concessions	Single	£10.00
	Couple	£15.00

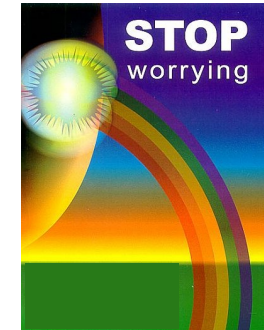
Funded by  
**London Borough  
of Havering**



INVESTOR IN PEOPLE



For better  
mental health



# REPS

REFERRAL, ENABLEMENT  
AND PATHWAY SERVICE

**HAVING MIND**  
HARROW LODGE HOUSE  
HORNCHURCH ROAD  
HORNCHURCH  
RM11 1JU  
TEL.:01708 457040  
FAX:01708 457040  
[www.haveringmind.org.uk](http://www.haveringmind.org.uk)

Registered Charity Number 1108470  
Company Number 4184862

## What is REPS?

**The Referral, Enablement and Pathways Service** work as a separate project under the umbrella of Havering Mind.

### Who can we help support?

We can provide support on a one-to-one appointment basis to those people who:-

- Are residents of Havering age 18+  
(There is no upper age limit)
- ♦ People who are unsupported, not on CPA and maybe experiencing crisis.
- Are worried about debt, housing, benefits, health, finances or any other issues.
- Want to achieve through learning and education.

- May be socially excluded and have difficulty communicating their needs or managing their mental health.
- Unable to manage their daily living effectively, who may benefit from information and advocacy support.
- Want to access training, voluntary opportunities or employment.

### What support we offer

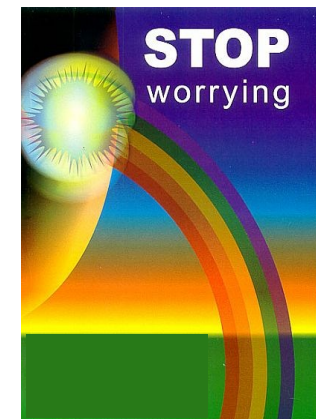
- Assisting people to access community networks and specialist agencies.
- Support in building confidence, developing coping strategies.
- Support to people who wish to maintain independent living.

## Who are Havering Mind?

We are an independent voluntary organisation working for everyone experiencing mental distress.

We are one of over 200 local Mind organisations affiliated to National Mind.

We are committed to the support and recovery of people suffering from mental distress.



THANKYOU TO ALL SERVICE USERS,  
VOLUNTEERS AND STAFF WHO  
CONTRIBUTED TO THE  
PRODUCTION OF THIS LEAFLET.