

Social Inclusion Project

Making a difference together



Social Inclusion Project

The aim of the service is to support adults with mental health problems living in the London Borough of Havering who are isolated or lonely. We support individuals in groups and on one to one basis to achieve their goals and help them improve their mental health by reducing isolation and loneliness, and we provide support and information to overcome daily challenges and achieve identified goals.

What does the service offer?

- Working in a groups and on one to one basis
- Providing support for up to 6 months
- An opportunity to gain new experiences and meet new people
- Mental health information and advice
- Support to access community opportunities
- A chance to fulfil potential by setting achievable goals
- Improved quality of life, recovery and wellbeing
- Working together to face life's challenges

For further information please contact Havering Mind on:

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Havering

Supporting and Educating
the local community



Havering
LONDON BOROUGH