



Mental Health Crisis Support

Recovery Space

A warm, non-clinical environment offering short term support for anyone experiencing a mental health crisis

How we can support you:

- Two free one-to-one sessions in your community. Plus two free phone or video sessions.
- Signposting to other specialist support
- Building coping mechanisms
- Referrals to other Mind in Croydon services or community support.

Locations, days and times:

Monday: 11am-2pm
Old Coulsdon Tollers community centre

Tuesday: 12pm-3pm
Thornton Heath

Wednesday: 11am-2pm
South Croydon Orchard House

Thursday: 12pm-3pm
New Addington Family Centre, Fieldway

Friday: 9am-11:30am
Purley, Old Lodge Lane Baptist Church
(first and third week of the month)

What is a mental health crisis?

- Feeling in need of urgent help
- Overwhelming distress
- Thoughts of self-harm or harming others
- Suicidal thoughts

Other Mind in Croydon support we can refer you to:

- Welfare and benefits
- Social activities and connecting with others
- Physical activities to improve physical and mental wellbeing
- Counselling
- Advocacy to support you to get the right treatment.
- Carers support
- Mental health Independence coordinators

Refer yourself
by scanning this
QR code and
filling out the
online form:



For more information, or for help filling out the referral form, please contact us:

Email: rsoutreach@mindincroydon.org.uk

Phone: **020 8253 8205**



at

Family Centre Fieldway

FREE WELLBEING ACTIVITIES AND SUPPORT FOR THOSE 17+

EVERY THURSDAY

12:30pm-1:30pm

Yoga, Sound healing and meditation

1:30pm-2:30pm

Peer support group (for those having Talking Therapy)

2:30pm-3:30pm

Drop in- support to sign up to Croydon Talking Therapy or signposting to other mental health support

Refer yourself for yoga by scanning this QR code:



Email: activeminds@mindincroydon.org.uk

Or call: **020 8253 8205**