

Social Support: 020 8887 1494

Mind Centre

A safe place to come for support, to socialise, access computers and the internet, participate in a range of activities, workshops and groups. For more information please call 020 8887 1494.

Cafe

Nutritional low-costs lunches, snacks and beverages.

Mind, Body and Soul Project

Low cost Chinese medical massage and Acupuncture provided by a trained practitioner, to book call 020 8429 8468. Yoga and Tai Chi with qualified tutors. Healthy Living which includes an allotment course and practical information and support for healthy living.

Volunteer Project

Volunteers from all communities in Enfield help deliver all our services. The support and skills training given and experience gained through helping and supporting others can provide routes into education or employment.

020 8887 1487

Mind in Enfield

275 Fore Street

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www.mind-in-enfield.org.uk

Registered Charity Number 1054539

Accredited by the National Mind Quality Management Scheme



For better
mental health

Mind in Enfield

**Do you find yourself
struggling with life at the
moment?**

Would it help to talk to someone?

Do you need practical help with finances,
welfare benefits, housing or impartial advice?

Would you like to meet others?

Counselling Service: 020 8887 1491/1495

Counselling

Explore feelings and overcome emotional and behavioural difficulties with trained counsellors in weekly one to one sessions.

Turkish Speaking Counselling Project

Turkish and Kurdish speaking trained counsellors to provide counselling to individuals in the Turkish speaking community. 020 8887 1488

Anger Management Course

If you have difficulties with finding positive ways to express anger, this 12 week programme may be for you. Please contact Alan Palamounain at Mind in Enfield on 0777 3127902 or e-mail: alanp144@yahoo.co.uk.

Mind in Enfield is an independent organisation.

Mind in Enfield Services

Advice Team: 020 8887 1499

(Professional referral necessary, for details please call 020 8887 1499)

Welfare Benefits Service

Legal and practical help with accessing benefit entitlements e.g. disability benefits, social fund payments, Council Tax and Housing Benefits. We also help with benefit appeals and tribunals.

Advocacy Service

Advocacy can help you have a voice; access information regarding your rights, medication, and life issues. The Advocacy Service also provides individuals with support and representation at meetings, CPAs, tribunals and ward rounds.

Philosophy

Mind in Enfield believes that life experiences and the environment we live in can play a major part in influencing our mental health. Our upbringing and the pressures of day-to-day living can have adverse effects on our mental health. Mind in Enfield believes the experience and expression of our distress is individual. All people are valuable, worthy of respect and have a right to be listened to genuinely and heard. Mind in Enfield seeks to acknowledge, respond to and support that individuality. Labelling a person as "mentally ill" may take away individuality and create a system that can lead to the disempowerment of its users. Mind in Enfield seeks to redress this imbalance of power.

Aims

Mind in Enfield, as a local mental health organisation, aims to provide a diverse range of culturally appropriate, accessible and quality services for those experiencing distress, those who have experienced or are experiencing mental health difficulties and for their carers and families. Services are provided with the London Borough of Enfield, Enfield NHS, BEH Mental Health Trust, strategic health authority, voluntary and community sector agencies and the private sector.



The Mind in Enfield counselling service operates within the ethical framework of the British Association for

Counselling and Psychotherapy and abides by its Guidelines, Confidentiality and Complaints procedures.