SOUTHWARK WELLBEING HUB

Directory and Support Services

www.together-uk.org
Southwark Wellbeing Hub

- Information, advice and access service providing support to anyone who lives, or has a GP in Southwark.
- First point of contact for people worried about their mental health/wellbeing or that of someone close to them/who they are supporting.
- No age limit - under 16’s supporting wider network to support them (parent/guardian, school, Social worker).
What we support with?

• Any issue that someone identifies as effecting their wellbeing:
  - Benefits
  - Carer
  - Debt/Finances
  - Domestic Abuse
  - Education/training
  - Employment
  - Homelessness
  - Housing
  - Legal
  - Physical Health
  - Social isolation
  - Mental Health Support
  - Volunteering
  - Relationships
How do you get support from the Hub?

- 12pm – 5pm, Monday to Friday drop in at Thames Reach Employment Academy
- Satellite Pop-Ups around the Borough
- Phone, Text or Email
- Referral from professionals, GP, Community Mental Health Team, Therapist, etc.
- Through Partner Voluntary Organisations
- Using our Online Directory
What other services does the Hub provide?

- Wellbeing Workshops & Activity Groups
- 1:1 Peer Support – face to face and telephone.
- Self-Management Peer Support Groups
- Volunteering
- Service User Focus Group
Contact us

Opening hours: 9am – 5pm, Monday to Friday
(drop-in 12pm – 4.30pm, Monday to Friday)

Call: 0203 751 9684
Text: ‘HUB1’ and your query to 82727
Email: southwarkhub@together-uk.org
Twitter: @SouthwarkHub

http://www.together-uk.org/southwark-wellbeing-hub/contact-the-hub/
Southwark Wellbeing Hub Directory

Open your web browser and type in southwarkhub.together-uk.org or Google ‘Southwark Wellbeing Hub’ and click on the first result.
Search for a service e.g. ‘Dragon Café’ or a topic e.g. ‘benefits’. You can also browse through the different categories at the bottom of the page.
Click on an entry to find out more about the service and how to access it.

Southwark Wellbeing Hub

Organisation name and description.

How to access the service.

Website

Contact details

www.together-uk.org
Any Questions?