

We are based at:

**Streatham Job Centre Plus,
Crown House
Station Approach
SW16 6HW**

Opening Hours of the Hub are
Mon-Fri, 9am-5pm

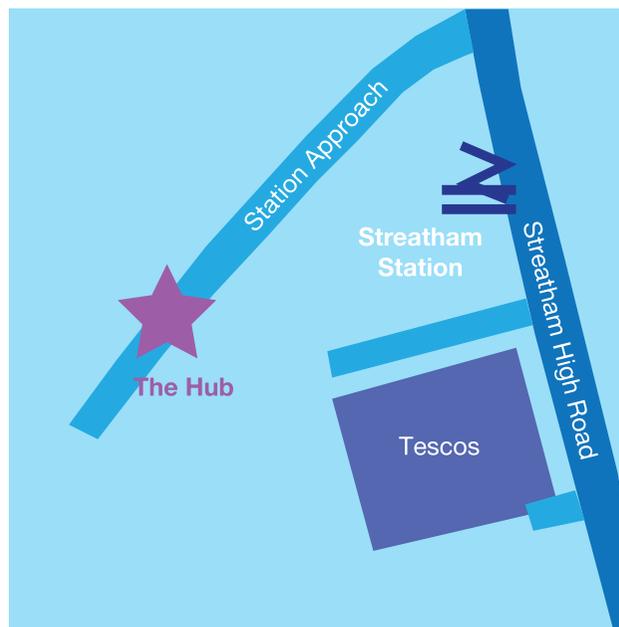
Call us on:
0203 691 5080

Or introduce yourself via email at:
slm-tr.lwnhub@nhs.net

WHAT IS THE LIVING WELL NETWORK HUB?

Everything you need to know about
the Living Well Network Hub

We're here to help...



What is the Living Well Network?

The Living Well Network is Lambeth's community based network of support for people's mental health and wellbeing. We work alongside GP's to ensure that people can gain access to personalised support that enables them to:

- Stay well and experience sustainable recovery
- Have choice and control in all their decisions
- Participate in the community on an equal footing alongside their neighbours

The Living Well Network (LWN) is made up of different organisations including South London and Maudsley NHS Foundation Trust, Certitude, Thames Reach, GP's, Living Well Partnership/Mosaic Clubhouse and Lambeth Adult Social Care.



Living Well Network Hub

The LWN Hub is the 'front door' to mental health services within Lambeth. It works within primary care (your GP) to support you when your mental health is worrying you.

The Hub is made up of Occupational Therapists, Psychiatric Nurses, Social Workers, Psychiatrists, Support Workers and Peer Interns who are people who have lived experience of mental health problems. They will all work with you to support you when things aren't going well. This may be because your mental health has deteriorated or you are worried about practical problems in your life and this is having an impact on your mental health.

The LWN Hub can work with you for up to 12 weeks to improve your mental health and wellbeing, look at what support you already have, and what you can access by linking you up with organisations in the Living Well Network and the broader community.

If you, your GP or other professional feel you need support for your mental health you can contact the LWN Hub.



What to expect

The LWN is based on the principles of co-production and personalisation. This means we work closely with each person to tailor support that reflects their assets, hopes, aspirations and needs to promote long term mental wellbeing and strong social support networks. When you come to the LWN Hub you can expect to:

- Be treated with respect and dignity
- Be offered an opportunity to discuss your concerns during an assessment and how you think we can help. We will also need to collect some information about you
- Be supported to develop a plan that will be personal to you identifying your goals and how you are going to achieve them. You will also receive a 'wellbeing pack'
- Be asked for feedback about your experience of the service you received. We also like to speak to people at length to gain a better understanding of how we can improve the service

When you come to the Hub the information you give us is stored in a database to help us to remember you. This information may be shared across the agencies working in the LWN, this will only be done with your consent and to ensure that we can work with you in the best way and recommend the best services. We will maintain your confidentiality.