

Mind in Tower Hamlets
and Newham



For better
mental health

Mind in Tower Hamlets and Newham (MITHN)

Wellbeing, Support and Recovery

9 in 10 people with a mental health problem experience discrimination. This is unfair. Sign our pledge and help us end it.



Mind in Tower Hamlets & Newham

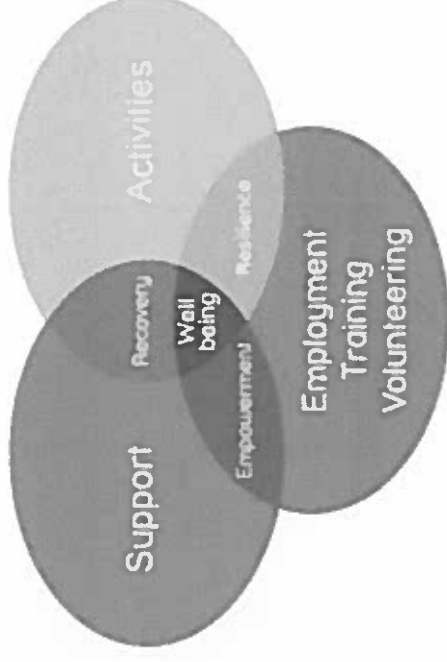
- Mind in Tower Hamlets and Newham (MITHN) is a registered charity that provides a wide range of support services to people with mental health needs, living in the London Boroughs of Tower Hamlets and Newham
- At MITHN we provide services which are supportive, recovery focused, proactive and creative and which encourage independence, enabling people to be active participants in the wider community.
- We provide a range of community based services to people ranging from the ages of 18-65 experiencing mental health problems in Tower Hamlets and Newham

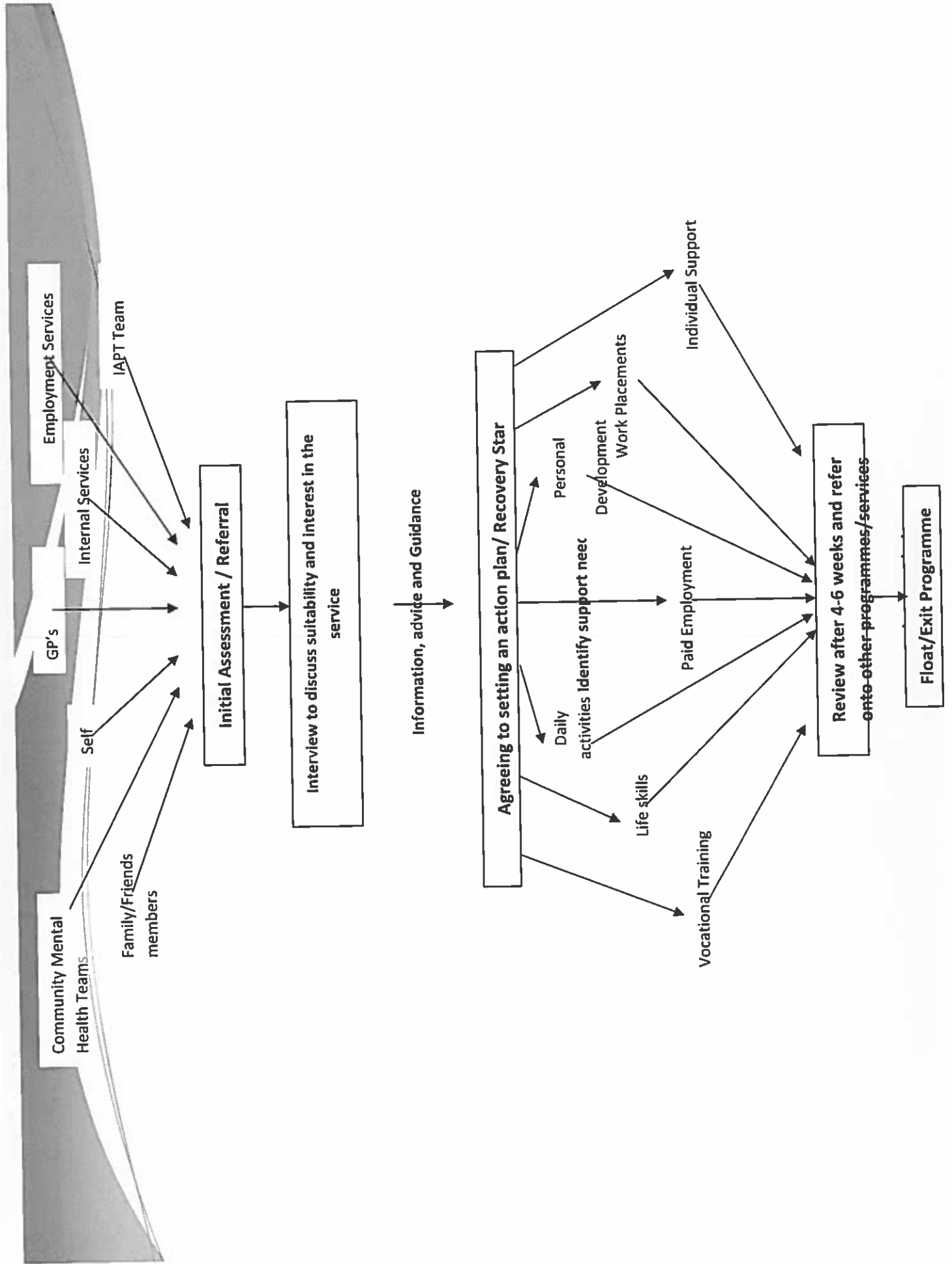
How we support middle aged service users

- Actively involving our service users in service development, delivery, design and evaluation.
- Promoting the interests, rights, choices and wellbeing of people within Tower Hamlets and Newham with the experience of mental health issues
- Campaigning to reduce the stigma and discrimination associated with mental health
- Providing an effective local services, sensitive to the diverse cultures and individual needs
- Delivering services with a Recovery and wellbeing approaches
- Providing high quality, welcoming and accessible services in a variety of settings
- Working in partnership with organisations in the voluntary and statutory sector to develop service that encourage independence, enhance quality of life and promote recovery.

Holistic Services we provide

- Advocacy
- Counselling
- Complementary therapies
- Khat Project
- Mental health support team
- Range of activities based on the recovery model,
- Somali Substance Misuse Project
- Service User Led Projects
- Welfare and Benefits advice
- Wellbeing Team





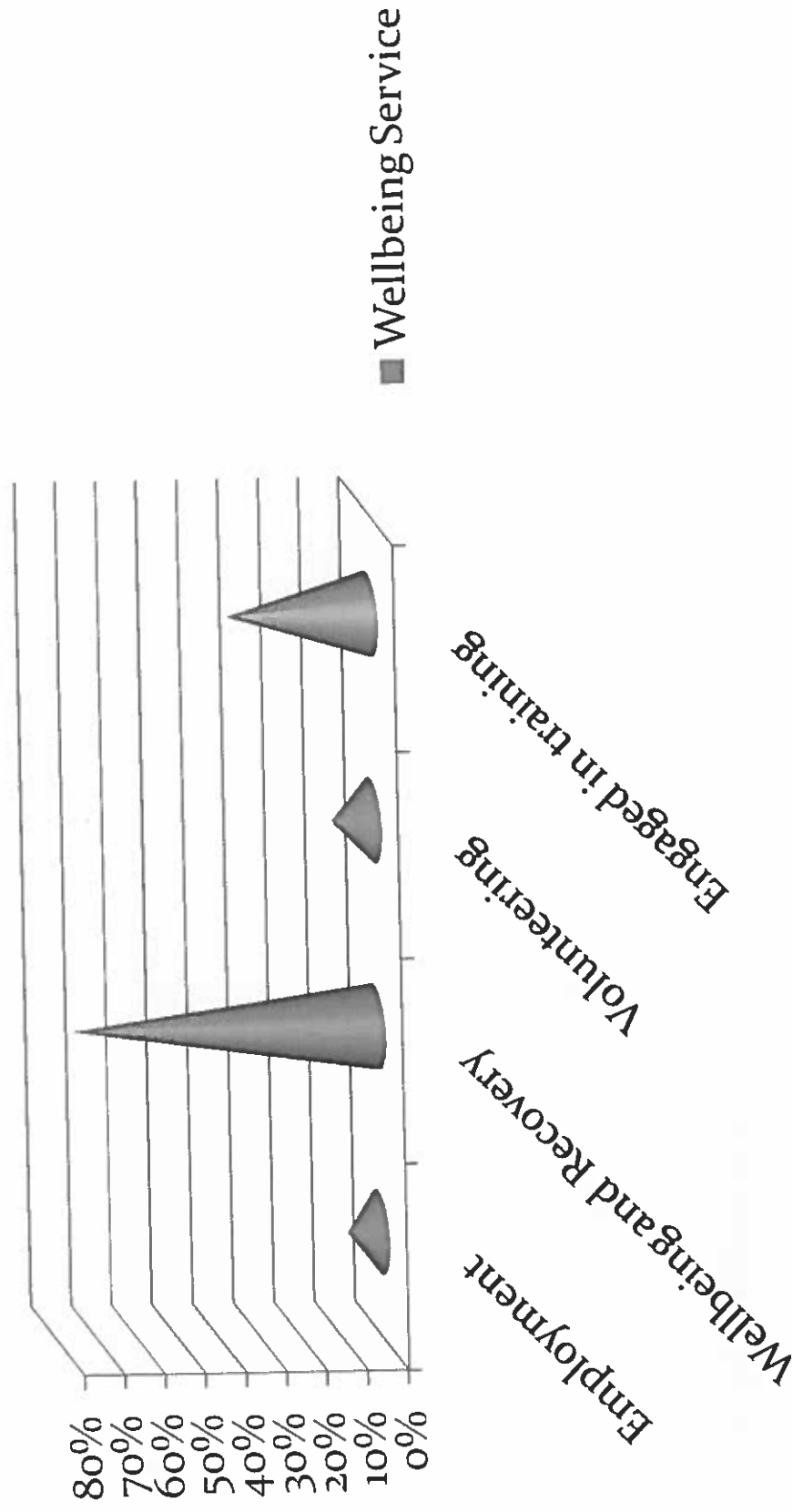


How we measure progress

- Recovery star
- Satisfaction Survey
- Feedback from Service Users
- Quarterly Monitoring & Evaluation
- Action plan and reviewing
- Connecting people to volunteering, training and employment opportunities
- People reporting better mental health and wellbeing
- One-2-one support
- Group support
- Signposting to appropriate services to support mental health and wellbeing
- Physical activities

Outcomes


Wellbeing Service



Working in Partnership

- Working with Time to Change, to challenge mental health stigma and discrimination.
- Provide an external communications campaign to reach communities more broadly through partnership working with
 - Tower Hamlets council, CCG
 - Local Schools, colleges, and universities
 - Canary Wharf corporation
 - Police, Probation services
 - Debt Services
 - **Health related services**, Health trainers
 - Housing Services: Tower Hamlets Homes, HPU, HOST, etc
 - CMHT/ ELFT
 - Events and other face to face opportunities
 - Idea Stores (MH promotion)

The campaigns and partnership work has been very effective in promoting Mental Health and reducing stigma. We hope to develop training to deliver to various organisations and service users.



Email:
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Or
contact:
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020 7510 1081

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time to change

let's end mental health discrimination