

### Mental Health pathways for rough sleepers and hostel residents in Westminster (Updated December 2018)

This document is designed to help workers across the rough sleeping pathway to understand the range of mental health resources available in Westminster and make effective referrals. This document can be downloaded from: [http://westminsterhhcp.org/mental\\_health\\_services.htm](http://westminsterhhcp.org/mental_health_services.htm).

There is a wide range of resources in Westminster, with a number of different providers including specialist homelessness mental health services and other generic mental health services that can still be accessed by hostel residents or longer-term rough sleepers in Westminster. Because of this diversity, the pathways between services and the ability for services to signpost to more appropriate services, is not always straightforward. This document aims to improve workers knowledge of the landscape of services to better to help them to navigate the options for clients. The specialist homelessness mental health services (such as JHT and the Lead Counsellor from the Homelessness Health Team) can also provide advice on identifying the best service for clients' particular circumstances.

Service	Details	Contact details/ referral details
<b>Accident and Emergency</b>	In a mental health emergency people can always go to the accident and emergency department at the local hospital (e.g. St Mary's, St Charles). In most accident and emergency departments a psychiatric liaison nurse is available. However, note that the Single Point of Access (SPA) provides a first point of contact for people wishing to access adult community mental health services in Westminster. Please refer to Single Point of Access in this document.	The Out of Hours Service operates from the Gordon Hospital, Monday - Friday between 5pm and 9pm and at the weekends and Bank Holidays 10am and 6pm. The aim is to respond to urgent and crisis situations, which cannot wait until the following day. The team consists of an Approved Social Worker, a Community Mental Health Nurse and a Police Liaison Community Mental Health Nurse. Referrals are taken from anyone and people with mental health difficulties who are having a crisis are encouraged to refer themselves. The Service gives priority to Community and Mental Health Act assessments within the <b>South Westminster catchment</b> area. <b>The Service does not see people whose main problem is with drugs or alcohol.</b>  <b>Out of hours telephone number: 020 8237 2040</b>

Service	Details	Contact details/ referral details
<b>Autism service</b>	<p>The Westminster Adult Assessment and Diagnosis Service whose primary aim is to provide diagnostic assessments for people on the autism spectrum, aged 18 or over. They also offer individual psychological interventions for people with an autism diagnosis.</p>	<p>If you would like to make a referral to the Westminster Adult Autism Assessment and Diagnosis Service, then you can contact this service directly on:</p> <p>Phone: 020 7641 7411</p> <p>Mezzanine Floor, 215 Lisson Grove London, NW8 8LW Email:</p> <p><a href="mailto:autism@westminster.gov.uk">autism@westminster.gov.uk</a></p>
<b>CNWL Recovery &amp; Wellbeing College</b>	<p>The CNWL Recovery &amp; Wellbeing College offers a wide range of educational courses, workshops and resources, and is available to people who use Central and North West London NHS Foundation Trust's services (including JHT, the Primary Care Plus workers at GP surgeries and the nurse and psychiatry posts at Great Chapel St) or have done in the last 12 months, their supporters (friends, family or carers) and CNWL staff.</p> <p>CNWL Recovery &amp; Wellbeing College prides itself on being a transformational space. They help to build support systems and strive to remove the stigma associated with mental and physical health. The college provides a range of courses and workshops designed to:</p> <ul style="list-style-type: none"> <li>• Help people develop their skills and understanding</li> <li>• Help people identify personal goals and ambitions</li> <li>• Create a fun, positive and safe environment for</li> </ul>	<p>To enrol please complete the form in the prospectus or electronically at <a href="http://www.cnwl.nhs.uk/recovery-college/how-to-book-a-course/">http://www.cnwl.nhs.uk/recovery-college/how-to-book-a-course/</a>.</p> <p>For more information and to see the prospectus go to:</p> <p><a href="http://www.cnwl.nhs.uk/recovery-college/">http://www.cnwl.nhs.uk/recovery-college/</a></p> <p>Phone: 020 3214 5686 Email: <a href="mailto:recoverycollege.cnwl@nhs.net">recoverycollege.cnwl@nhs.net</a></p>

Service	Details	Contact details/ referral details
	<p>learning and exploring recovery</p> <ul style="list-style-type: none"> <li>• Give people the confidence and support to access opportunities and resources available to them</li> </ul> <p>The College works in partnership to design innovative courses that actually make a difference. All courses and workshops are designed to contribute towards wellbeing and recovery and are co-delivered by people who have the personal experience of living with mental and/or physical health difficulties, known as peer recovery trainers and those with professional/clinical experience.</p>	
<p><b>Community Mental Health Teams</b></p>	<p>The teams in Westminster are being reorganised in 2016. This will see the return of Community Mental Health Teams (Assessment &amp; Brief Treatment Team/ Recovery Teams will no longer exist).</p> <p>There will be one Community Mental Health Team (CMHT) in the north of Westminster and one in the South. A dual diagnosis service will be available in the future to work alongside CMHTs to support clients that require it.</p> <p>Stable service users (e.g. compliant with medication) registered with a mental health service may be discharged from secondary care and directed to Primary Care Plus (see page 11).</p>	<p>Referral is via the Single Point of Access (see page 12). The Single Point of Access will assess whether a client should be allocated to the Community Mental Health Team.</p> <p>North Westminster CMHT (will consist of 2 hubs – North Hub for Queens Park and Paddington and North East Hub – allocation to a hub will be based on where client is registered with GP and not home address)</p> <p>7a Woodfield Road, London, W9 3XZ Phone: 020 7266 9700</p> <p>South Westminster CMHT (will consist of 2 hubs – Central and South hub – allocation to a hub will be based on where client is registered with GP and not home address) 190 Vauxhall Bridge Road London SW1V 1DX</p> <p>Phone: 020 7854 4162</p>

Service	Details	Contact/ referral details
<p><b>Counselling services – Homeless Health Team</b></p>	<p>The Homeless Health Team Counselling service provides a service tailored to meet the special needs of the homeless population in Westminster. The service is expanding and will shortly be providing a 'life narrative writing workshop' and 'schema group therapy'. This service also links in with the Drugs and Alcohol Advice Mental Health Nurse (page 7), and can refer into the CMHTs if required. They use a phone line interpreting service for any clients that don't speak English.</p> <p>Any Westminster homeless person, street or hostel based, may attend a 'Drop -in' counselling session at Great Chapel Street Medical Centre for a 'one off' counselling session, even if moderately drunk. Counselling will initially aim to stabilise and support someone in a crisis. It will help recognise negative feelings, thoughts, and behaviours and help manage these more positively.</p> <p>A 'Drop In' Anger Support &amp; Discussion Group is available at Connections at St Martin's Day Centre on Mondays 1-2.30pm. The service addresses this through its 'pre-engagement work' where the focus is just on building trust.</p> <p>A 'Drop In' Anger Support and discussion Group is available at The Passage Resource Centre on Tuesdays 11-12.30pm.</p>	<p>Counselling sessions are delivered at Great Chapel Street Medical Centre, Dr Hickey's Surgery, Connection St Martin's, West London Day Centre, and The Passage.</p> <p>Any Westminster homeless person feeling unhappy or troubled can approach the counselling service, either directly by using the Great Chapel Street Medical Centre 'Drop In', via their key workers, the Homeless Health Team nurses at the day Centres or asking directly at the location.</p> <p>Great Chapel Street medical Centre operates a 'drop-in' counselling service on Monday 10am-12pm and Friday 10am-2pm</p> <p><a href="http://www.greatchapelst.org.uk/opening-times/">(http://www.greatchapelst.org.uk/opening-times/)</a>.</p> <p>The counselling team is available at the following locations and times for regular appointments:</p> <p>The Passage Resource Centre – Tuesday, 9am-12pm</p> <p>Dr Hickey's Surgery – Tuesday, 9am-5pm</p> <p>West London Day Centre – Wednesday, 9am-12pm</p> <p>Great Chapel Street – Wednesday, 10am-5pm</p> <p>John Connolly, Lead Counsellor, Westminster Homeless Health Team Counselling Service, can be contacted on <a href="mailto:jconolly@nhs.net">jconolly@nhs.net</a>, or Daniel Davies <a href="mailto:Daniel.Davies@clch.nhs.uk">Daniel.Davies@clch.nhs.uk</a></p>

Service	Details	Contact/ referral details
<p><b>Counselling services - IAPT</b></p>	<p>The CNWL Talking Therapies Service Westminster is part of the national IAPT (Improving access to psychological therapies) programme. Please note that it does not cover areas Paddington/North Westminster (see Time To Talk below). The service is available to adults over 18 who live in Westminster or are registered with a Westminster GP.</p> <p>The service provides psychological assessment and 12 weeks of treatment for common mental health problems such as depression, anxiety, panic, phobias, obsessive compulsive disorder, social anxiety, health anxiety and post-traumatic stress disorder. They use cognitive behavioural therapy (CBT) as their main treatment approach. This is provided in a number of different ways including individual and group therapy, guided self-help and mood management courses and workshops.</p> <p>The service is designed to offer treatment to people with mild to moderate mental health problems and may not be suitable for those with multiple and complex issues such a history of severe or prolonged trauma or problematic use of drugs and alcohol. This means that the service may not be suitable for a number of people using homelessness services. The service therefore suggests that referrals from hostels are discussed with the team before being sent.</p>	<p>People can self-refer, or be referred by their GP and they are usually offered an assessment appointment in two weeks. The referral form can be found at: <a href="http://www.westminsteriapt.org.uk/">http://www.westminsteriapt.org.uk/</a>.</p> <p>Alternatively you can refer via telephone 0303 330 0000 or email: <a href="mailto:westminster.iapt@nhs.net">westminster.iapt@nhs.net</a>.</p> <p>Therapists are based in many GP surgeries and in two “wellbeing centres” - one in Paddington, 11 Praed Street W2 1NJ and one at 192-198 Vauxhall Bridge Road SW1V 1DX.</p> <p>Opening times 8am-8pm Monday to Thursday 8am-5pm Friday</p> <p>Contact points for discussion of possible referrals: Clair Pollard, <a href="mailto:clair.pollard@nhs.net">clair.pollard@nhs.net</a> Clinical Lead, Westminster IAPT Primary Care Psychology Service, Phone: 0207 746 3105</p> <p>John Connolly, <a href="mailto:jconnolly@nhs.net">jconnolly@nhs.net</a></p> <p>Lead Counsellor, Westminster Homeless Health Team, Phone: 020 7534 6698.</p>

Service	Details	Contact/ referral details
<p><b>Counselling services – Time To Talk</b></p>	<p>This is a free and confidential NHS service for people aged 18 and over and <b>based in Queens Park and Paddington area.</b></p> <p>Offer a range of confidential talking therapies and support. The primary care liaison team is made up of community mental health nurses and a consultant psychiatrist, who work with clients and their GP to identify what kind of support and services you'd benefit from. The team provides screening, assessment and advice to help you get the right care and support. If there are more complex mental health needs the service will work with other mental health services, GPs, therapists and counsellors.</p> <p><b>The GP Nurse Liaison service also offers support to people who are being discharged from Secondary Care Mental Health Services.</b></p> <p>If there is a history of serious mental health issues, it is possible that they are not best suited to help and may need to discuss this further with you and suggest you speak to your GP for further advice.</p> <p>If there are significant difficulties with alcohol or recreational drugs please call 020 8960 5599 or email <a href="mailto:nkcdas@blenheimcdp.org.uk">nkcdas@blenheimcdp.org.uk</a> (north of Notting Hill Gate &amp; Holland Park) or call 020 3315 5800 or email <a href="mailto:kccaps.cnwl@nhs.net">kccaps.cnwl@nhs.net</a></p> <p>(South of Notting Hill Gate &amp; Holland Park) The psychological therapies are only recommended when these problems have been adequately addressed.</p>	<p>Client needs to be registered with a GP to refer into this service.</p> <p>To self-refer fill out the form at: <a href="https://www.take-time-to-talk.com/opt-in/opt-in_form/">https://www.take-time-to-talk.com/opt-in/opt-in_form/</a></p> <p>Please note that when this form is completed it is consented that the information can be stored in a secure database and for the GP to be informed of your contact with Time To Talk.</p>

Service	Details	Contact/ referral details
<p><b>Counselling services - Westminster &amp; Wands worth Mind</b></p>	<p>Westminster Mind offers a confidential counselling service to anyone over 18 years old.</p> <p>The service uses an integrative approach (which can include Cognitive Behavioural Therapy (CBT) so it can meet the individual needs of each person. They offer one to one weekly counselling.</p> <p>The service is open to anyone that lives in Westminster or who have a GP in Westminster, for out-of-borough clients there is a fee. The service is low cost (based on each person's personal circumstances), with the lowest fee usually being £2.</p> <p>However, they believe that financial problems should not act as a bar to accessing our service so, where appropriate, the fee can be set at 50p or be free.</p>	<p>Self-referrals accepted – download referral form from: <a href="http://www.wwmind.org.uk/counselling-in-westminster.asp">http://www.wwmind.org.uk/counselling-in-westminster.asp</a>.</p> <p>People can refer themselves by calling the service directly, or they can also be referred by their GP or other professionals.</p> <p>Appointments are offered during the day, Monday to Friday and during the evenings on Monday, Tuesday, Thursday and Friday. Contact : <b>020 7259 8134</b></p> <p><a href="mailto:cts@westminstermind.org.uk">cts@westminstermind.org.uk</a> Westminster Mind, Radstock House, 5 Eccleston Street, SW1W 9LX</p>
<p><b>Drugs and Alcohol Advice Mental Health Nurse</b></p>	<p>Clare Ballard, Clinical Nurse Specialist - offers assessment, brief treatment and referral on to Consultant Psychiatrist/secondary mental health and drug/alcohol services if necessary.</p> <p>Based at Great Chapel Street Medical Centre a specialist primary care service for homeless people in Westminster.</p>	<p>No appointment necessary, although advisable to phone in advance to confirm availability.</p> <p>Available Monday-Friday from 10am-12pm and 2-4.30pm.</p> <p>Great Chapel Street Medical Centre for Homeless People 13 Great Chapel Street, Soho, London, W1F 8FL</p> <p>Tel: 0207 437 9360 Email: <a href="mailto:sarah.ballard1@nhs.net">sarah.ballard1@nhs.net</a></p>

Service	Details	Contact/ referral details
<b>Joint Homelessness Team (JHT)</b>	<p>JHT Outreach forms part of a network of other providers and third sector partners in Westminster who are commissioned to provide an integrated and flexible service for rough sleepers as a route out of homelessness.</p> <p>JHT Outreach complete mental health, housing and social care needs assessments and provide intensive care co-ordination and case management for those assessed to have severe and enduring mental health needs.</p> <p>The team offers a personalised recovery-focused care pathway from the street to stable accommodation. This enables street homeless people to have the same access to mental health, housing and social care as the housed population. As an integrated multi-disciplinary team, the team includes:</p> <ul style="list-style-type: none"> <li>• Psychiatrists</li> <li>• Community Mental Health Nurses</li> <li>• Social Workers</li> <li>• Approved Mental Health Professionals</li> <li>• Support Work</li> <li>• Administrators</li> </ul>	<p>JHT Outreach will accept a referral for anyone who is a CHAIN verified rough sleeper in Westminster and is unable or unwilling to access mainstream mental health services.</p> <p>Any non-verified rough sleepers need to be discussed on a case by case basis with the JHT Duty Senior. Referrals can be accepted for non-verified rough sleepers if there is significant concern identified and no other services are able to carry out the assessment.</p> <p>For those placed in hostels (commissioned by the WCC Rough Sleeping Team) or in temporary accommodation; who appear to have mental health related health or social care needs, referrals should be made to either Great Chapel Street or Dr Hickey's practice or via the Single Point of access (page 12). JHT Outreach will consider hostel referrals where:</p> <ul style="list-style-type: none"> <li>• An individual has a recent, long or intermittent history of rough sleeping in Westminster and has been in the hostel for less than three months</li> <li>• There is real evidence that they are likely to abandon, or be evicted in the near future as a result of mental health related behaviour</li> </ul>

Service	Details	Contact/ referral details
	<p>Although JHT Outreach is not an emergency service some referrals are clearly more urgent than others and may require priority action. The JHT Duty Senior should be contacted in such cases.</p> <p>If the person needs an urgent mental health assessment, they should either be accompanied to the nearest mental health walk in centre, currently the Gordon Hospital or the Single Point of Access (see page 12) should be contacted.</p> <p>JHT Outreach has access to a 28-day crisis bed and holds a small budget for short term crisis accommodation for those who are at significant risk on the street and need to be somewhere safe for the assessment to take place.</p> <p>The majority of those referred are either not able or not willing to attend building based appointments, therefore a more flexible and creative way of engagement is needed, the team currently provide:</p> <ul style="list-style-type: none"> <li>• Weekly sessions at the Passage Day Centre and Connections at St Martins</li> <li>• Monthly sessions at West London Day Centre</li> <li>• Late and early street outreach with CAS and COMPASS</li> <li>• Case Conferences, Safeguarding Meetings and Best Interest Meetings</li> </ul>	<p>For hostel residents, each referral should be discussed on a case by case basis between the hostel manager and the JHT Duty Senior.</p> <p>No assessments will be started until a referral has been accepted. JHT Duty</p> <p>Monday to Friday, 9am-1:30pm with the exception of Wednesday, 9-1pm Duty: 020 7854 4206 Fax: 0207 931 8087</p> <p>Email: <a href="mailto:jhtduty@nhs.net">jhtduty@nhs.net</a></p> <p>190 Vauxhall Bridge Road London SW1V 1DX</p> <p>All new referrals get discussed at the Thursday afternoon Clinical Review Meeting; where a multidisciplinary team discussion takes place to decide how, when and where the assessment should take place.</p>

Service	Details	Contact/ referral details
<b>Personality Disorder support - Inspired</b>	<p><b>The Inspired service</b></p> <p>(<a href="http://www.onehousing.co.uk/inspired-westminster-personality-disorder-service">http://www.onehousing.co.uk/inspired-westminster-personality-disorder-service</a>)</p> <p>Provides a peer led support service that promotes positive support of individuals with personality disorder.</p> <p>The service provides a therapeutic support service to help effective emotional management – it does not provide psychotherapy and therefore focusses on the client’s present situation. They provide one to one support, enabling clients to work on their specific issues in an individual and practical way to support them into social activities, training and employment.</p> <p>They also run a series of groups that are designed to help clients identify and address shared social and vocational barriers. Group themes include:</p> <ul style="list-style-type: none"> <li>• Stress Management /mindfulness/relaxation</li> <li>• Emotional regulation</li> <li>• Interpersonal effectiveness</li> <li>• Distress tolerance</li> <li>• Managing interpersonal relationships</li> <li>• Confidence Building</li> <li>• Personal time management</li> <li>• Job or Course Searching Skills</li> <li>• Identifying clients field of interest</li> <li>• Interview techniques</li> </ul>	<p>The eligibility criteria for the service is Westminster residency but the service can work with CHAIN verified rough sleepers providing the outreach teams are not working towards a reconnection outcome.</p> <p>They are open to individuals with no formal diagnosis of Personality Disorder or Borderline Personality Disorder. They can work with people with substance and alcohol misuse as long as they are being supported with these issues and they do not interfere with the client’s commitment and ability to engage and attend.</p> <p>The Inspired service would be suitable for anyone experiencing personality difficulties who enjoys taking part in group and can commit to regular meetings. Accessing the Service</p> <p>People can self-refer or be referred by a support agency, by completing the referral form. There is a 6 week trial period in which the client can decide whether they would like to continue working with the service and if they wish to, they can work with Inspired for 2 years or more.</p> <p>To find out more about our service or get a referral form contact them by phone on 020 7428 4146; or</p> <p><a href="mailto:inspired@onehousinggroup.co.uk">inspired@onehousinggroup.co.uk</a></p> <p>Address: 13a Great Chapel Street, London W1F 8FL.</p>

Service	Details	Contact/ referral details
<b>Primary Care Plus</b>	<p>Primary Care Plus is a mental health service based in GP practices in Westminster providing help to people experiencing mental health problems.</p> <p>They are a team of mental health professionals employed by CNWL NHS Foundation Trust and Central London Health Care working in partnership with GPs including Dr Hickey's practice. The team includes:</p> <ul style="list-style-type: none"> <li>• Primary Care Mental Health Practitioners – experienced mental health nurses, social workers and occupational therapists. Each GP practice has an allocated worker who can provide specialist support for people discharged from mental health teams.</li> <li>• Community Navigators – employed by Westminster Mind and available to provide advice about supportive services in Westminster and neighbouring boroughs, such as employment support, advocacy, or befriending services.</li> <li>• Consultant Psychiatrist – working closely with GPs and available to provide specialist support and advice.</li> <li>• Welfare Rights Worker – a benefits advisor, employed by CAB, able to support people with concerns about benefits or finances</li> </ul>	<p>Primary Care Plus accepts referrals from health care professionals including GP's, nurses, counsellors and mental health professionals.</p> <p>For more information about the service or how to refer call 020 7535 8330.</p> <p>Information leaflet available at:  <a href="http://www.centrallondonhealthcare.co.uk/media/1095/pcp_leaflet-final-version.pdf">http://www.centrallondonhealthcare.co.uk/media/1095/pcp_leaflet-final-version.pdf</a></p>

Service	Details	Contact/ referral details
<b>Wellbeing Service</b>	<p>Westminster Wellbeing Service is a free NHS Service that focuses on promoting emotional health for individuals living or working in Westminster.</p> <p>The Wellbeing Service offers:</p> <ul style="list-style-type: none"> <li>• One-to-one emotional health and wellbeing checks with an experienced mental health nurse</li> <li>• Information about local activities, services and organisations and how to access them</li> <li>• Information, advice and group activity sessions provided by local expert organisations addressing specific aspects of life that impact on emotional health</li> <li>• Emotional Health Information Workshops</li> <li>• Activities and events to promote mental health and wellbeing</li> </ul>	<p>No referral is needed. Contact via phone or email to organise an appointment.</p> <p>Telephone: 0207 845 4325</p> <p>E-mail: <a href="mailto:westminster.wellbeing@nhs.net">westminster.wellbeing@nhs.net</a></p> <p>The service is available from 09:00-17:00, Monday to Friday.</p> <p>Westminster North Hub Centre for Psychological Wellbeing, 11 Praed Street London W2 1NJ  Westminster South Hub Centre for Psychological Wellbeing 192-198 Vauxhall Bridge Road London SW1V 1DX</p> <p>Website: <a href="http://www.cnwl.nhs.uk/service/westminster-wellbeing-team">http://www.cnwl.nhs.uk/service/westminster-wellbeing-team</a></p>
<b>Single Point of access to mental health services</b>	<p>Since November 2015, the Single Point of Access (SPA) provides a first point of contact for people wishing to access adult community mental health services in Westminster.</p> <p>The SPA is made up of a Multidisciplinary team of admin, nurses, social workers, Occupational Therapists and consultants.</p> <p>It replaces all existing referral points to offer mental health triage for routine, urgent and emergency referrals, plus information and advice 24 hours a day, 7 days a week, and 365 days per year.</p>	<p>All referrals into CNWL adult mental health services should be made through the Single Point of Access by telephone on 0800 0234650 or by email at <a href="mailto:cnw-tr.SPA@nhs.net">cnw-tr.SPA@nhs.net</a></p> <p>Referrals of an emergency or urgent nature (requiring a 4 hour or 24 hour response) should be made by telephone.</p> <p>When a referral has been made it will be allocated a grading and referred on to teams with Central and North West London. SPA response times: Routine - 28 days, Routine Plus – 7 days, Urgent – 24 hours, Emergency – 4 hours.</p>

Service	Details	Contact/ referral details
	<p>It will incorporate the functions of the CNWL Out-of-Hours Urgent Advice Line (UAL) so patients and carers will be able to contact the SPA for support, signposting and advice.</p> <p>Please note that if you would like to refer a client to the Joint Homelessness Team you do not need to use the SPA to gain access.</p> <p>For staff supporting rough sleepers with a local connection and GP in Westminster should call this number, but note that teams may not be able to visit the client on the street – they may organise an appointment with the Rapid Response team/ Home treatment team in a community setting.</p> <p>Alternatively they could visit a hostel/GP surgery to assess a client if this can be organised. If assessment is declined then the team would discuss the case further – potential Mental Health Act Assessment.</p> <p>The Integrated Care Network (CCG intermediate care beds) are useful for allocating rough sleepers somewhere safe that teams to go and assess the client.</p>	<p>Please see below how these will be processed according to grading:</p> <ol style="list-style-type: none"> <li>1. Emergency and urgent referrals will be handed to rapid response team or Home treatment teams</li> <li>2. Routine +/- Routine will be transferred to CMHTs who will contact client with an appointment</li> <li>3. Routine cases may also be referred to Primary Care Plus where appropriate.</li> </ol> <p>An appointment letter will be sent out to the client detailing their appointment.</p> <p>The new system will allow movement within the SPA so a client will not need to be re-referred once they are in the SPA system.</p>

Service	Details	Contact/ referral details
<b>Zero Suicide Alliance</b>	<p>Suicide Prevention E-Learning and Mental Health JSNA.</p> <p>This offers free online Suicide Prevention e-learning training.</p> <p>This training will teach how to recognise the warning signs and safeguard someone that could be thinking about suicide.</p>	<p>please follow this link: <a href="https://www.relias.co.uk/zero-suicide-alliance/form">Zero Suicide Alliance</a></p> <p><a href="https://www.relias.co.uk/zero-suicide-alliance/form">https://www.relias.co.uk/zero-suicide-alliance/form</a></p>
<b>St Mungo's Recovery College</b>	<p>The Recovery College is an innovative project which offers a variety of free courses aimed anyone who have experienced homelessness. The courses are for clients, staff and external people who want to register.</p> <p>What we want are students with an enthusiasm to learn. Courses include: Mindfulness for stress reduction, breath work, creativity and self-expression and personal development. Visit <a href="http://www.mungos.org/st_mungos_recovery_college">http://www.mungos.org/st_mungos_recovery_college</a> For the current prospectus.</p>	<p>The courses are designed and taught with, and by, our clients, at the Recovery College, which is based at</p> <p>33 Rushworth Street, Southwark, London SE1 0RB.</p> <p>If you would like to enrol for courses email <a href="mailto:recovery.college@mungos.org">recovery.college@mungos.org</a></p> <p>Or contact 07739 195 332 for more information.</p>

**Useful leaflets for mental health capacity/ mental health act screening tool**

<http://www.thamesreach.org.uk/publications/research-reports/mental-health-service-interventions-for-rough-sleepers-toolkit/>

**Information leaflets on mental health issues**

The Royal College of Psychiatry has an extensive range of informative leaflets on a variety of mental health issues. The leaflets are readable, user friendly and accurate. <http://www.rcpsych.ac.uk/mentalhealthinfoforall.aspx>

Mind publishes information on many topics relating to mental health, which they group into seven broad categories: diagnoses and conditions, treatments, mental health statistics, support and social care, communities and social groups, and society and environment.

[http://www.mind.org.uk/help/information\\_and\\_advice](http://www.mind.org.uk/help/information_and_advice)