



Grenfell emotional wellbeing support

We really want you to contact us if you have a health worry. We're here to help you and your children access emotional, health and wellbeing and urgent mental health support. These services are free and confidential

Walk in service at The Curve

We run a walk in service at The Curve, 4 Bard Road, W10 6TP from 10am until 8pm every day.

We're knocking on doors to visit people at home and in temporary accommodation. If you or anyone you know is worried about their emotional wellbeing you can call us on 0800 0234 650; the line is open 24 hours a day.

Health outreach pop up clinics

We're offering regular pop up clinics for adults and children

| Date | Venue | Time |
|-------------------|--|---|
| Mondays | Rugby Portobello Trust 221 Walmer Road, London W11 4EY | Morning: Mother and baby drop-in Afternoon: Pop- up for anyone |
| Tuesdays | The Clement James Centre 95 Sirdar Road, London W11 4EQ | 3pm to 7pm |
| Wednesdays | Kensington Leisure Centre Silchester Road, London W10 6EX | 4pm to 8pm |
| Thursdays | Latymer Community Church 116 Bramley Road, London W10 6SU | 4pm to 8pm |
| Fridays | The Muslim Cultural Heritage Centre 244 Acklam Road, London W10 5YG | 4pm to 8pm |
| Saturdays | Maxilla Community Space 4 Maxilla Walk, London W10 6NQ | 4pm to 8pm |
| Sundays | Westway Sports and Fitness 1 Crowthorne Road, London W10 6RP | 4pm to 8pm |

Mental health training sessions

We're offering residents ongoing training for emotional wellbeing, this includes:

- Mental Health First Aid
- Bereavement sessions
- Signs of post-traumatic stress and symptoms groups

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In need of more support?

- **Speak to your GP for help and advice**
- **Call our Single Point of Access (SPA)**

If you think you or someone else you know is in need of more support and are unable to make an outreach clinic, you can call the dedicated NHS response service number where your needs will be assessed and appropriate mental health support and information and advice will be provided. This is available 24 hours a day. Please let the operator know the reason for your call. The number is 0800 0234 650 or email cnw-tr.spa@nhs.net

To keep up to date visit www.cnwl.nhs.uk/news and www.facebook.com/CNWLNHSFT