



We all have the right to define our own experiences, follow our interests and connect with the people and communities that help lighten the load.

Yet, when struggling with the impact of mental health issues and/or difficult life experiences, this isn't always easy. The Phoenix is a flexible service that can support you through the difficult times and help you access resources, skills, networks and opportunities to live life beyond them.

CO-PRODUCTION

What happens at the Phoenix is a co-creation of ideas from members, volunteers and staff. Come to our planning and community meetings to take part and stay informed

MEMBERS' HELPLINE

A dedicated members' phone line to help you plan your week or weekend, and think about how to cope with any anxieties about upcoming meetings, activities or general concerns

SUPPORT SPACE

A welcoming social space where you can get practical, emotional and crisis support. You can also find out about, and connect to, other local opportunities, including meeting people visiting from other projects

ACTIVITIES

A range of classes and workshops that give you the chance to learn something new, develop your existing talents or simply have some fun

PEER SUPPORT GROUPS

Some things are easier to talk about with people who have been there and will listen without judgement. We offer a range of groups on different issues

EVENTS AND TRIPS

Venture out and about to (re)discover what Camden and London have to offer, join in with festive celebrations and take part in one-off events

SOCIAL CLUB

At the Phoenix and elsewhere, our Social Clubs offer the valuable chance to hang out with other members and volunteers without any pressure

MENTORING, COUNSELLING & THERAPY

Short and longer term weekly individual and small group sessions. Includes:

- **1-2-1 Recovery Support:** a weekly meeting – alone or with your family/partner - for emotional and practical support, to cope with challenges and work towards what's important for you
- **Therapeutic Groups:** including dance movement therapy and psychological health
- **Counselling:** individual counselling for up to 24 weekly sessions

FEES & FUNDING

We need to charge a contribution for most of what we offer. You may be eligible for a Personal Budget to cover part or all of the cost of what you choose to do. **Please note: Our peer support groups are free to all.**

ACCESS ALL AREAS PASS - £28 per week

This provides you with full access to all of Phoenix offers (excluding Pick and Mix offers), which you can use flexibly according to your personal needs and aspirations.

or PICK & MIX - variable fees (below)

Top up your Access All Areas pass, or choose individually.



Peer Support Groups:
FREE!



Group Therapy: £6



Counselling:
£12.50-£40 (sliding scale)

HOW TO JOIN

1 Contact Us

0207 911 0822
referrals@mindincamden.org.uk

2 Meet Us

If you like the sound of the Phoenix and think it might fit your needs, we will invite you to come in and meet us as soon as possible. We will find out what's important to you and explore which of our offers might suit you best

3 Arrange Funding

Path 1: Personal Budget

Let us know if you would like some guidance on how to apply for a budget

Path 2: Self-Funding

If you plan to self-fund, we will discuss the costs and payment methods

4 Start!

We will arrange a start date with you. On your first day we will welcome you and help you to settle in

YOUR JOURNEY AT THE PHOENIX

The Phoenix is a flexible service that can support you through the difficult times and help you access resources, skills, networks and opportunities to live life beyond them

STEP 1 - Understanding your journey -

We will spend time with you to explore how you got here, what you enjoy, need and hope for. We'll help you create a unique plan.

STEP 2 - Participating (up to 18 months)

We will offer you the support and encouragement you need to follow your plan and modify it as needed. We will also help you build sustainable links with fellow members and your local community.

STEP 3 - Moving on and staying connected

When you move beyond Phoenix we will help you to identify your support network and keep those connections and interests you love. You are welcome at our Peer Support Groups and may wish to volunteer.

