

## Important Information

### Safeguarding

If you or others are at risk or experiencing abuse, neglect or self harm, we will report this in line with our safeguarding policy.

### Complaints

If you are unhappy with any aspect of the service please contact the service manager on 0208 571 7454 or email [dutyadultservices@hfmind.org.uk](mailto:dutyadultservices@hfmind.org.uk)  
You can also post a complaint to us on the address below.

## Contact us:

Hammersmith and Fulham, Ealing  
and Hounslow Mind  
309 Lillie Road  
London  
SW6 7LL

To self refer into the service,  
contact us below:

Tel: 0208 571 7454

Email:

[knowmymind@hfehmind.org.uk](mailto:knowmymind@hfehmind.org.uk)

Web: [www.hfehmind.org.uk](http://www.hfehmind.org.uk)

For tips on how to manage your  
own mental health check out  
My.Mind.TV. To access, scan the  
barcode below using your phone  
camera.

Hammersmith, Fulham, Ealing and Hounslow Mind is a registered  
charity – No. 801259

Check out our video channel  
My-Mind.TV



# Know my Mind

Helping you understand your  
mental health



 **mind** | Hammersmith, Fulham,  
for better mental health Ealing and Hounslow

# Know my Mind

For residents of Hounslow who want to better understand a cope with their mental health

"Thank you for making the referral to HFEH Mind, it will help get my life back on track"-  
Know my Mind Service User



## About the Project

Know my Mind is a psychoeducation project for residents of Hounslow. The project aims to aid recovery in mental health.

The service has three strands to meet a variety of needs

When you are referred to the project, we will collaboratively look at which strand works for you.

Strands include either group or 1:1 interventions



## Group interventions

Minds Together- an education group that aims to increase knowledge of mental health and coping strategies. We look at: managing anxiety, coping with low mood, mindfulness and relaxation, stress and mood management and many more.

Shared Experiences- a peer support group to reduce loneliness and increase confidence with people who have similar experiences (parents, carers etc)



## 1:1 Intervention

Mind Mentors- this is a bespoke package for those who prefer not to engage in a group.

We will provide psychoeducation and coping strategies on a 1:1 basis, for those who require more focussed learning.

Exciting things ahead...

Our peer support and psychoeducation groups are starting in March, check out our workshops timetable!