



Emotional Wellbeing & Mental Health Guide

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WHO ARE WE?

Healthwatch Enfield is here to listen to you. We make sure your voice is heard by NHS leaders and other decision-makers in Enfield. We want to help improve health and social care in our community based on what you think and need.

WHAT DO WE DO?

Healthwatch Enfield works on numerous projects throughout the year to help the people of Enfield receive proper health and social care. We collect the thoughts of community members through surveys and conversations, and we inspect local health and social care services to make sure they are up to standard.

WHY DID WE MAKE THIS GUIDE?

We created this guide to help residents in Enfield find mental health and emotional wellbeing support. It's important to know where to get help, both in-person and online. We want to make sure you have the information and resources you need.



NHS TALKING THERAPY

What is NHS Talking Therapy?

NHS Talking Therapy is a free, confidential mental health support for anxiety, depression, Post-Traumatic Stress Disorder (PTSD), Obsessive-Compulsive Disorder (OCD), and general feelings of stress and low mood. These services offer one-to-one evidence-based treatments such as cognitive behavioural therapy (CBT), counselling, guided self-help, and more.

They offer appointments on the telephone, via video, and in person, as well as in a hybrid offer. For anyone who requires therapy in other languages, they can provide this through professional interpreters who will be arranged for you. Our in-person clinics are offered at the Chase Farm Hospital site and at St Michael's Primary Care Centre.

Problems we help with:

Low mood and depression >	Panic Attacks >	Worry or generalised anxiety disorder (GAD) >	Phobias >
Social Anxiety Disorder >	Obsessive Compulsive Disorder (OCD) >	Worries about pregnancy or difficulties in parenthood >	Low self-esteem >
Trauma (PTSD) >	Health Anxiety >	Sleep problems and insomnia >	Long Term Physical Health Problems >

How to Get Support?

You can refer yourself directly to an NHS talking therapies service without a referral from a GP, or a GP can refer you.



MIND ENFIELD & BARNET

What is Mind?

Mind Enfield and Barnet is a mental health charity, providing services to support you with wellbeing, advocacy, therapy, training, and advice. Their services work during the day and evening, so Mind can be available when you need them to be! Whether you're going through a hard time, need to support someone with their mental health, or want to improve your wellbeing, Mind is here for you in Enfield and online.

Services for Individuals:



LEAP (Local Enfield Advocacy Partnership) empower people and communities. Your advocate will provide you with information, advice, and advocacy to support you in having your voice heard, navigating services, and engaging with issues such as housing. (More on pg 21)

Referral: enquiries@leapadvocacy.org.uk , 0208 906 7505



The Family Hubs team supports parents and families after giving birth through coaching, crisis support and wellbeing workshops alongside community engagement and advocacy work. (More on pg 16)

Referral Crisis Support: perinatalcrisisupport@mindeb.org.uk

Referral Coaching: perinatalcoaching@mindeb.org.uk



Mind offers 8-week, 1:1 sessions for mild to moderate depression and anxiety. Services are delivered by qualified volunteer counsellors and final-year trainees, offering explorative, goal-focused therapy.

Referral: 020 8906 7508 or enfieldcounselling@mindeb.org.uk



Sanctuary & Crisis Hubs offer short-term crisis intervention and prevention. Mental health professionals provide safety planning, helpline access, 1:1 follow-ups, network-building support, and advice.

Open: Every day of the year. Mon-Fri 5pm-10pm & Sat-Sun 12-5pm.

Referral: 020 8906 7509 or sanctuaryenfield@mindeb.org.uk

More Wellbeing services are provided through UCAN (pg 21), a great variety of Courses and Workshops (pg 26) and Parent programmes (pg 16).



The Enfield LX project (LocalMotion Enfield and Mind in Enfield and Barnet) empowers individuals with lived experience of mental health issues to improve mental health services.

Get Involved: localmotionenfield@mindeb.org.uk

For more information:



020 8906 7506



www.mindeb.org.uk



receptiondesk@mindeb.org.uk

SUPPORT FOR ALL

RETHINK

www.rethink.org


Offering quick responding crisis chat, advice and guidance for mental health and physical health support.


Rethink
Mental
Illness

TYPE OF SUPPORT Crisis Line & Advice and Guidance

HOW TO GET SUPPORT: Contact or visit website

 Webchat: www.rethink.org/advice-and-information/about-our-advice-service/get-help-now/

 Phone Call: 0121 522 7007

 Email: info@rethink.org

SAMARITANS

www.samaritans.org


Offering a crisis line and email support for whatever you're going through. We're here 24 hours a day, 365 days a year.


SAMARITANS

TYPE OF SUPPORT Crisis line, email support and letter writing

Opening: Mon – Sun day & night (24/7)

HOW TO GET SUPPORT: Call or email to get support

 Phone Call: 116 123

 Email: jo@samaritans.org

SHOUT

www.giveusashout.org

First and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope.

shout
85258

TYPE OF SUPPORT Crisis Line

Opening: Mon – Sun day & night (24/7)

HOW TO GET SUPPORT: Text the word 'Shout' to 85258

 Phone Call: 85258



SONGOLOLO FEET

www.songololo.org


Providing an Art Therapeutic approach for creative expression to support healing, self-awareness, and community connection through creative expression.


SONGOLOLO FEET


TYPE OF SUPPORT Art Therapy, swimming and outings

Opening: Tue: 11am – 1pm: Group Art Therapy
Wed: 11am – 1pm: Somatic Swimming & Sauna
Fri: Outings to museums, galleries, Kew Gardens and seaside day trips

HOW TO GET SUPPORT: Call or email Maia to get support

 Phone Call: 07941 618228

 Email: maia@songololo.org

 Room 4 – Community House, 311 Fore St, London N9 0PZ

CAMPAIGN AGAINST LIVING MISERABLY (CALM)



www.calmzone.net


Providing knowledge, support, and information for anyone struggling with life.

TYPE OF SUPPORT Wellness guides, resources, & helpline

Opening: 5pm-Midnight

HOW TO GET SUPPORT: No referral needed.

 Webchat: www.thecalmzone.net

 Helpline: 0800 58 58 58

PRECIOUS COUNSELLING AND MENTORING



www.preciouscounsellingandmentoring.co.uk

Offer counselling and mentoring to adults, adolescents and children.

TYPE OF SUPPORT Counselling and Mentoring

HOW TO GET SUPPORT: Fill out referral form →



Phone: 07765 722 429



Email: info@preciouscounsellingandmentoring.co.uk



READING WELL PROGRAMME

www.readingagency.org.uk



Providing self-help reading, designed to help with a range of common mental health conditions, including anxiety, depression, phobias and some eating disorders.

TYPE OF SUPPORT Reading list for Mental Health, Wellbeing & Dementia

Opening: Mon 9am – 1pm

HOW TO GET SUPPORT: Ask your library



- Edmonton Green
- Enfield Town
- Ordnance Unity Centre
- Palmers Green

VIRTUAL VILLAGE HALL

www.virtualvillagehall.royalvoluntaryservice.org.uk/

Offering online wellness and educational classes free of cost. Previous classes can also be accessed via their online platform.

TYPE OF SUPPORT Information, Guidance and Mental Health Courses

HOW TO GET SUPPORT:

Visit Website →



HELPLINES

CRISIS RESOLUTION AND HOME TREATMENT TEAM

Providing fast support for mental health crises, offering acute care at home as an alternative to hospital admission.

TYPE OF SUPPORT Crisis Telephone Service

Opening: Mon – Sun day & night (24/7)

HOW TO GET SUPPORT: Call to get support



Phone Call: 0800 151 0023



Ivy House, Chase Farm Hospital,
The Ridgeway, Enfield, London, EN2 8JL



SANELINE SERVICES

www.sane.org.uk/how-we-help/emotional-support/saneline-services



A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

TYPE OF SUPPORT Crisis Line & Advice and Guidance

Opening: Mon – Sun 4pm – 10pm

HOW TO GET SUPPORT: Call to get support



Phone Call: 0300 304 7000

EMERGENCY SERVICE FOR DEAF PEOPLE

Supporting people who are deaf in crisis.

TYPE OF SUPPORT Crisis Telephone Service

Opening: Mon – Sun day & night (24/7)

HOW TO GET SUPPORT: Call to get support



Text DEAF to 85258



Webchat:

Message here →



KARMA NIRVANA

www.karmanirvana.org.uk



Honour Based Abuse and Forced Marriage is a form of domestic abuse. If you are at risk, or if you are concerned for someone who is, Karma Nirvana are here for you.

TYPE OF SUPPORT Helpline & Email Support

Opening: Mon – Fri 9am – 5pm

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 0800 5999 247



Email: support@karmanirvana.org.uk

CRISIS LINE



ENFIELD CRISIS LINE

www.northlondonmentalhealth.nhs.uk/crisis-referrals-/

Offering a 24/7 crisis line, available each day of the week. You can speak to a trained mental health advisor and clinician.

TYPE OF SUPPORT Crisis Line.

OPENING: MON – SUN. ALL DAY (24/7)

HOW TO GET SUPPORT: Call anytime



Phone Call: 0208 373 6287



CULTURAL SERVICES

CENTRE FOR SOCIAL INCLUSION

Provide social groups, lunch, wellness activities, advice and guidance for Enfield residents of all communities.

TYPE OF SUPPORT In-person and online social groups.
For activities, see page 23

HOW TO GET SUPPORT: Call to join.



Phone Call: 0785 2347 955



Community House, 311 Fore St, London, N9 0PZ

CAHN (CARIBBEAN & AFRICAN HEALTH NETWORK)

www.cahn.org.uk/counselling-service

Offer a variety of counselling services held by Counsellors of African or Caribbean heritage, each sensitively tailored to meet both high and low intensity needs.

TYPE OF SUPPORT Counselling, Advice & Guidance

Opening: Mon – Sun 9am – 9pm

HOW TO GET SUPPORT: Call or email for referral



Phone Call: 07710 022382



Email: counselling@cahn.org.uk



WELLBEING CONNECT SERVICES

www.wellbeingconnectservices.org

We support vulnerable adults and their families. Our services include advocacy, information & advice, group support, one-to-one and parental and family support.

TYPE OF SUPPORT Counselling and Therapy
face-to-face or online

Opening: Mon – Fri 10am – 5pm

HOW TO GET SUPPORT: Over 18 years, referred by the GP.



Phone Call: 020 8803 2200 / 07711 128 997



Email: info@wellbeingconnectservices.org



ENFIELD SAHELI

www.enfieldsaheli.org/mental-health/

Offering advice, advocacy, and counselling to support women with mental health, emotional wellbeing, and access to essential services in Hindi, Punjabi, Urdu, Tamil & Bengali

TYPE OF SUPPORT Advice, Advocacy, and Counselling

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 020 8373 6218



Email: info@directenfieldsaheli.org



ENFIELD ASIAN WELFARE ASSOCIATION

www.eawa.org.uk

Service offers social and wellness groups for 50+ members of the asian community.

TYPE OF SUPPORT Group activities like yoga, outings, workshops, arts & crafts

Opening: Thu & Fri 11am – 1:45pm

HOW TO GET SUPPORT: Email us to join



Phone Call: 020 8443 1197



Email: info@eawa.org.uk



Edmonton Green Library
36-44 South Mall, London N9 0TN



DIFFERENT LANGUAGES

ALPHA CARE

www.alphacares.org.uk/

Η υπηρεσία προσφέρει θεραπεία, συμβουλές για την ευεξία και εξωνοσοκομειακή υποστήριξη σε ασθενείς που έχουν λάβει πρόσφατα εξιτήριο.

Service offers therapy, advice on wellbeing and out-of-hospital support for newly discharged clients.



ΕΙΔΟΣ ΥΠΟΣΤΗΡΙΞΗΣ Ατομική, ζεύγους και οικογενειακή θεραπεία.
Κατ' οίκον φροντίδα και εξωνοσοκομειακή υποστήριξη
TYPE OF SUPPORT Individual, couple & family therapy
Home care & out-of-hospital support

Ανοιγμα / Opening: Δευτέρα / Mon 9am - 1pm & Πέμπτη / Thu 9am - 5pm

ΠΩΣ ΝΑ ΛΑΒΕΤΕ ΥΠΟΣΤΗΡΙΞΗ: Παραπομπή από γενικό ιατρό, γιατρό ή τον ίδιο τον πελάτη.
HOW TO GET SUPPORT: Referral from a GP, physician, or the client themselves.



Αριθμός τηλεφώνου / Phone Call: 0208 373 6287

NAFSIYAT: INTERCULTURAL THERAPY

www.nafsiyat.org.uk

Providing effective and accessible psychotherapy and counselling services to people from diverse religious, cultural and ethnic communities in London.

TYPE OF SUPPORT Short-term intercultural therapy in over 20 languages via referral to individuals, groups, and couples.

HOW TO GET SUPPORT: Self-referral and referral via health professional



Phone Call: 020 7263 6947



Email: admin@nafsiyat.org.uk



Unit 4, Lysander Mews, Lysander Grove, N19 3QP

IRANIAN AND KURDISH WOMEN'S RIGHTS ORGANISATION (IKWRO)

www.ikwro.org.uk/counselling

A free counselling service to all women who have experienced gender-based abuse. We provide counselling in English, Arabic, Kurdish, Farsi and Dari, with up to 20 sessions.

استشارة مجانية لجميع النساء اللاتي يتعرضن للإساءة القائمة على النوع الاجتماعي.

Şêwirmendiya bêpere ji bo hemî jinên ku rastî îstismara zayendî tên.

مشاوره رایگان برای تمام زنان که سوء استفاده جنسیتی را تجربه میکنند.

TYPE OF SUPPORT Counselling, Advice & Guidance

Opening: Mon - Fri 9.30am - 5.30pm

HOW TO GET SUPPORT: Download referral form on the bottom of their website



Phone Call:
Kurdish / Arabic / English: 07846 275246
Farsi / Dari / English: 07846 310157



Email: info@ikwro.org.uk

VIOLENCE & ABUSE

WOMEN & GIRLS NETWORK

www.karmanirvana.org.uk
Instagram: @knfmhvbv

Women & Girls Network are run by women, for women in London who have been affected by all forms of violence and abuse.



AGE All ages
TYPE OF SUPPORT Helpline

Opening: Monday – Friday 9:30am – 5:30pm

HOW TO GET SUPPORT: No referral is needed.



Phone Call: 0808 801 0660



Email: advice@wgn.org.uk

VICTIM SUPPORT ENFIELD



www.victimsupport.org.uk/resources/north-london/
A free, independent, and confidential service dedicated to supporting anyone affected by crime and traumatic incidents.

TYPE OF SUPPORT Support line, Text & Live chat

Opening: Mon – Sun day & night (24/7)

HOW TO GET SUPPORT: Call, email, text or message



24/7 Live chat



24/7 Text



Phone Call: 0808 168 9291 Mon–Sun 8am–8pm
Support line: 08081689111 (free and operates 24/7)



Email: supportline@victimsupport.org.uk

JEWISH SEXUAL ABUSE SUPPORT



www.jsas.org.uk

Providing Jewish support services for children, women and men who had experienced sexual abuse.

TYPE OF SUPPORT Support groups, Therapy, Advice and Advocacy

Opening: Mon – Fri 9am – 6pm

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 07563 171365



Email: n.ellis@jsas.org.uk

SOLACE WOMENS AID

solace

www.solacewomensaid.org

Solace supports women and children every year with domestic abuse and sexual violence.

TYPE OF SUPPORT Accommodation, Advice, Therapeutic Services

HOW TO GET SUPPORT: Call or email to get support



Helpline: 0808 802 5565



Email: advice@solacewomensaid.org



NEURODIVERGENT & DISABLED COMMUNITIES



DISABILITY ADVICE NETWORK ENFIELD

Offering support for people with disabilities regarding rights, technology, and local wellbeing support events.

Information, Advise, Digital

TYPE OF SUPPORT Inclusion and Wellbeing Services

Opening: Mon – Fri 9:30am – 5:30pm

HOW TO GET SUPPORT: Call or Email



www.citizensadviceenfield.org.uk



Phone Call: 03333 440 034



Email: Dane@Enfieldcab.org.uk

ENFIELD VISION

www.enfieldvision.org.uk/meetings.htm



Each month, the Drop-in Morning sessions welcome visually impaired adults of all ages, genders, and ethnic backgrounds for chat, refreshments, seated keep-fit exercises, specialist advice, and urgent support. No appointment required.

TYPE OF SUPPORT Drop in Session

Opening: 3rd Thu of Month 10am – 1pm

HOW TO GET SUPPORT: Drop in



Phone Call: 020 8807 7704



Email: information@enfieldvision.org.uk



ONE TO ONE ENFIELD

www.one-to-one-enfield.co.uk

Service offers support for adults with autism, such as support networks, self-management, and mental and physical wellbeing.

TYPE OF SUPPORT Workshops and Peer Support.

Opening: Mon 9am – 1pm & Thu 9am – 5pm

HOW TO GET SUPPORT: Fill out registration form to become a member:



Phone Call: 020 3971 3984



Email: mail@one-to-one-enfield.co.uk



MIDDLESEX ASSOCIATION FOR THE BLIND

www.aftb.org.uk



Providing counselling, emotional support and befriending services to those who are having difficulty coming to terms with or adapting to their sight loss.

TYPE OF SUPPORT 1:1 Counselling, Workshops and Support Groups

Opening: Mon – Fri 9am – 4:30pm

HOW TO GET SUPPORT: Call to get support



Phone Call: 020 8423 5141



Email: info@aftb.org.uk

ADDICTION

FRANK

www.talktofrank.com

Offering a crisis line and email support, as well as information regarding drugs.

TYPE OF SUPPORT Drugs information, helpline, & chat

Opening: 24 hours, 7 days a week

HOW TO GET SUPPORT: Call & message



Webchat: talktofrank.com



Phone Call: 0300 123 6600

Text: 82111



Email: Form located on website



ENABLE – THE CLAVERINGS

www.drugandalcohol.northlondonmentalhealth.nhs.uk/enfield

Providing specialist treatment to anybody over the age of 18 living in Enfield who is worried about their alcohol or drug use.

TYPE OF SUPPORT Medication, key working sessions, group sessions, complementary therapies and referrals to other services.

Opening: Mon – Fri 9am–5pm

HOW TO GET SUPPORT: Refer yourself



• Enable Treatment Services, Old Court House, Windmill Hill, Enfield, EN2 6SA: 020 8379 6010

• Vincent House, 2E Nags Head Road, Ponders End, EN3 7FN: 020 8379 4909



Email: nlft.enable@nhs.net

AL-ANON

www.al-anonuk.org.uk

For anyone whose life is or has been affected by someone else's drinking.

TYPE OF SUPPORT Support Groups

Opening: Fri 7.45pm – 9:30pm

HOW TO GET SUPPORT: Send email here:
<https://al-anonuk.org.uk/contact/send-an-email/>



Phone Call: 0800 0086 811



Trinity Church, Gentlemans Row, Enfield, London, EN2 6AN



GAM CARE

www.gamcare.org.uk

Providing free, confidential and personalised support for anyone who's experiencing harm from gambling, as well as those affected by someone else's gambling.

TYPE OF SUPPORT Phone, Live Chat, WhatsApp, Online Community, Support Group

Opening: Mon – Sun day & night (24/7)

HOW TO GET SUPPORT: Get support here: →



Phone Call: 0808 8020 133



Email: help@gamcare.org.uk



SEX AND LOVE ADDICTS ANONYMOUS

www.slaauk.org/southgate-sunday-morning-meeting-now-face-to-face/

For anyone seeking recovery from sex and love addiction through shared experience and mutual support.

TYPE OF SUPPORT Support Group

Opening: Sun 9:30am – 10:30am

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 07984 977 884



Email: contact@slaauk.org



The Priory Hospital North London, Grovelands House, The Bourne, Southgate, London, N14 6RA



SUICIDE

STAY ALIVE APP (GRASSROOTS SUICIDE PREVENTION)

www.stayalive.prevent-suicide.org.uk

A resource full of tools and resources to help people stay safe from suicide.

TYPE OF SUPPORT Support and Advice App

HOW TO GET SUPPORT: Download app



Download app



AMPARO


www.amparo.org.uk/

Help and protection for all bereaved and or affected by suicide.



TYPE OF SUPPORT Counselling with no time limit.

Opening: Mon – Fri 9am–5pm

HOW TO GET SUPPORT: Fill out the form: 
(You don't have to fill everything out. Just the basics are enough.)



Phone Call: 0330 088 9255



Email: amparo.service@listening-ear.co.uk

PAPYRUS – PREVENTION OF YOUNG SUICIDE



papyrus-uk.org

Instagram: @papyrus_uk TikTok: @papyrus_charity

Advisers work with you to understand why thoughts of suicide might be present. They provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's safety.

AGE under 35 years

TYPE OF SUPPORT Helpline, Advice & Guidance



One to One Support

Opening: Mon – Sun 9am–midnight

HOW TO GET SUPPORT: Call to get support.



Email: pat@papyrus-uk.org



Phone Call: 0800 068 4141

Text 88247

BSL BSL available



OCD

OCD ACTION

www.ocdaction.org.uk/

Offering free, confidential helpline and email support, peer-led support groups, youth services, and advocacy to help anyone affected by OCD and related disorders.

TYPE OF SUPPORT Support groups and Advocacy

Opening: Mon 9am – 1pm

HOW TO GET SUPPORT: Book online: →



Phone Call: 0300 636 5478



Email: info@ocdaction.org.uk



LGBTQIA+

ENFIELD LGBT NETWORK

www.lgbtenfield.org

Instagram: [@proudnorthlondon](https://www.instagram.com/proudnorthlondon)

Counselling service offers support for issues like relationship, anxiety or sexual/social difficulties.

TYPE OF SUPPORT Counselling, Advice & Guidance

Opening: Mon – Fri 10am – 6pm

HOW TO GET SUPPORT: Fill out referral form: ↓



Phone: 07706 453845



Email: info@lgbtenfield.org



Enfield LGBT Network, Lancaster Centre,
53 Lancaster Road, Enfield, EN2 0BU

SWITCHBOARD

www.switchboard.lgbt

Providing a national support LGBTQ+ support line discussing sexuality and gender identity, sexual health, relationships & wellbeing.

TYPE OF SUPPORT Helpline, webchat, & email

Opening: Mon – Sun 10am – 10pm

HOW TO GET SUPPORT: Call or email to get support



Webchat: Message here →



Phone Call: 0800 0119100



Email: hello@switchboard.lgbt



PROUDLY 60+ CELEBRATING LIFE & PRIDE AT EVERY AGE

Join Enfield's new LGBTQ+ over-60s group A space to celebrate Pride, share stories, and build our community together.

Every Monday 1pm – 2:30pm

Lancaster Centre, 53 Lancaster Road, Enfield, EN2 0BU

WOMEN & NON-BINARY

THE NORTH LONDON PARTNERS (NLP) SPECIALIST PERINATAL MENTAL HEALTH SERVICE

www.ccenfield.org

Offering specialized care for women with mental health during pregnancy and up to 24 months after birth.

TYPE OF SUPPORT Therapy, advice, & crisis support

Opening: 9am–5pm, Monday–Friday

HOW TO GET SUPPORT: GP or Health professional referral needed.



Phone: 020 3317 7198



Email: cim-tr.ncl.perinatal@nhs.net



JEWISH WOMEN'S AID

www.jwa.org.uk/

Supporting Jewish women and children affected by domestic abuse and sexual violence.

TYPE OF SUPPORT Helpline, Webchat, Email Support



Webchat: www.jwa.org.uk/webchat
Mon & Wed 3pm – 5pm
Tue & Thu 10am – 12pm



Helpline: 0808 801 0500
Mon – Thu 9.30am – 9.30pm



Email: advice@jwa.org.uk



REFUGE: HELPLINE

www.refuge.org.uk/

Supports women and children experiencing violence and abuse with tailored services.

TYPE OF SUPPORT Helpline, Live Chat, Advice

HOW TO GET SUPPORT: Call & Webchat



Helpline: 0808 2000 247
Mon – Sun day & night (24/7)



Webchat →
Mon – Fri, 3pm – 10pm



ENFIELD WOMEN'S CENTRE

www.enfieldwomen.org.uk

Facebook: Enfield Women's Centre



Offering a wide range of services including counselling, domestic violence support, skills training, and social activities. With a multilingual team.

TYPE OF SUPPORT Therapy, advice, & crisis support

Opening: 9am–5pm, every day

HOW TO GET SUPPORT: No referral needed.



Phone: 0208 351 8934



Email: info@enfieldwomen.org.uk

ROJ WOMEN'S ASSOCIATION

www.rojwomen.org.uk

Offering free advice, advocacy, wellbeing, support, and counselling services for women from disadvantaged groups.

TYPE OF SUPPORT Counselling, Advocacy, Advice & Guidance

HOW TO GET SUPPORT: Fill out referral form: →



Phone Call: 07459 649297



Email: duygucantekin@rojwomen.org.uk



Selby Rd, London N17 8JL



SISTERS IN MIND

www.sisters-in-mind.org.uk

Supporting women for a healthier and happier lifestyle in workshops and weekly meet-ups.

TYPE OF SUPPORT Workshops & Meet-Ups

HOW TO GET SUPPORT: Email or Call



Phone Call: 07493585200 | 0208 4433858



Email: info@sisters-in-mind.org.uk



MEN & NON-BINARY

MEN'S SHEDS

www.ageuk.org.uk/enfield/activities-and-events/mens_sheds/



Offering a space for men to get together to build, make and mend things, work on projects whilst also building friendships and connections.

TYPE OF SUPPORT Woodwork and meet-ups

Opening: Tue & Thu 10am - 1.30pm

HOW TO GET SUPPORT: To become a member, call or email.



Phone Call: 020 8375 4120



Email: referrals@ageukenfield.org.uk



John Jackson Library, 35 Agricola Place, Enfield, EN1 1DW

DADS HUB

THE DADS' HUB

Weekly meeting fathers group to connect with other local fathers through social catch-ups, activities and real conversations.

TYPE OF SUPPORT Fitness sessions, Flight simulations, Tech Repair, Parenting Talks and Casual Hangouts

Opening: Thursdays 7:30pm - 9pm

HOW TO GET SUPPORT: Sign up here →



Phone Call: 0735 5674 131



Email: dadshub@northsideyouth.co.uk



39 St James Chambers, Edmonton, N9 0UD

ANDYS MAN CLUB

www.andysmanclub.co.uk

Service offers crisis line through calling or texting as well as additional resources and guides located on their website.



TYPE OF SUPPORT Wellbeing Social Groups in England

Opening: Mondays at 7pm

HOW TO GET SUPPORT: No referral needed. Just join.



Cooking Champions, Church Hall, South Street, Ponders End, EN3 4LA



Email: www.andysmanclub.co.uk/contact-us/

THE SURVIVOR'S TRUST

www.tstresources.org



Providing free, confidential support and resources for survivors of rape and sexual abuse, as well as guidance for their families, friends, and professionals.

TYPE OF SUPPORT Counselling & Helpline

Opening: Mon 9am - 1pm

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 08088 010 818



Email: helpline@thesurvivorstrust.org



PARENT SUPPORT

PARENTS IN MIND PROGRAMME

www.mindeb.org.uk/services-for-individuals/wellbeing/parents-in-mind-programme/

Parents Support Groups run as 8-week online programmes offering a safe and confidential space for parents/carers to gain information and skills to support their young person and to receive peer support from other parents/carers in a similar position. The support combines clinical expertise from Brandon Centre and extensive experience and local links by Local Mind.

TYPE OF SUPPORT Online Programme

Opening: Wednesday 1pm-2.30pm

HOW TO GET SUPPORT: Self-Referral via Form →



Phone Call: 020 8343 5705



Email: parentsupport@mindeb.org.uk

FAMILY HUBS

www.mindeb.org.uk/services-for-individuals/wellbeing/family-hubs/

The Family Hubs team consists of coaches, crisis outreach workers, BAME advocacy and community engagement workers. They support parents and families from the beginning of pregnancy to the 2nd year of giving birth through coaching, crisis support and wellbeing workshops alongside community engagement and advocacy work.

TYPE OF SUPPORT Online & In-Person

Opening: Mon - Frid 9am - 5pm

HOW TO GET SUPPORT: Send email



Phone Call: 020 8906 7506



Email: perinatalcoaching@mindeb.org.uk



YOUTH TO ADULT TRANSITION SERVICES

INSIGHT ENFIELD

www.insightyoungpeople.org.uk Instagram: @insightyoungpeople

Free, friendly and confidential advice and help for young people (11-24 years) impacted by or living with drug and alcohol issues, as well as guidance and support with sexual health and relationships.



TYPE OF SUPPORT Helpline via Phone, Webchat

Opening: Monday – Thursday 9 am–5pm
Friday 9am – 4.30pm
Chat: 3pm–6pm



Webchat: www.insightyoungpeople.org.uk



Phone Call: 020 8360 9102



Email: insightenfield@humankindcharity.org.uk

LONDON NIGHTLINE

www.nightline.org.uk

An anonymous listening and information service run by students, for students in London universities.

TYPE OF SUPPORT 1:1 support from peer students.

Opening: Mon – Sun day & night (24/7)

HOW TO GET SUPPORT: Call or message.



Webchat: www.nightline.org.uk



Phone Call: 0207 631 0101



Email: listening@nightline.org.uk



WAITING ROOM



www.londonwaitingroom.nhs.uk

Providing information, a personalised wellbeing plan and resources for young people, parents, carers and professionals on wellbeing support through a library of resources including apps, podcasts, workbooks and videos.

TYPE OF SUPPORT Information and Guidance



Phone Call: 0208 938 2537



Email: waitingroom@tavi-port.nhs.uk

KOOTH

www.kooth.com

A free and anonymous online wellbeing platform which along with text based counselling also includes helpful articles, forums, a mini activity hub and daily journaling.

AGE 11 – 25 years

TYPE OF SUPPORT Text Based Counselling, Peer Support & Online Resources

Opening: Mon – Fri 12pm – 10pm

Sat – Sun 6pm – 10pm

App is available 24/7 (all day, every day)

HOW TO GET SUPPORT: Message to get support.
Download app



Webchat: <https://www.kooth.com>



THE MIX

www.themix.org.uk

Supporting young people with their mental health, relationship issues, working life, school life, housing, depression and any other issues.

AGE 13 – 25 years

TYPE OF SUPPORT Counselling via Text, Phone & Webchat. Peer Support

Opening: Mon – Sun 4pm – 11pm

HOW TO GET SUPPORT: Call to get support.



Webchat: www.themix.org.uk



Phone Call: 0808 808 4994

Text THEMIX to 85258, open 24/7



Email: counselling@themix.org.uk



TURNING 18?

Enfield Transition Services supports you when moving from CAMHS to Adult Mental Health Service.

SUPPORT FOR OLDER PEOPLE

AGE UK ENFIELD

www.ageuk.org.uk/enfield
Instagram: @ageukenfield



Service offers various types of support for people such as help with pension information, dementia care, and mental health.

TYPE OF SUPPORT Dementia & memory care, health & wellbeing and planning for later life.
For activities, see page 23

Opening: Mon - Fri 9am - 4pm

HOW TO GET SUPPORT: Call or Email



Phone Call: 020 8375 4120



Email: referrals@ageukenfield.org.uk

ALZHEIMER'S SOCIETY

www.alzheimers.org.uk



Supporting people living with dementia through a support line and a dementia directory for local support services.

TYPE OF SUPPORT Dementia Support Line (with language support) & dementia directory

Opening: Mon - Wed 9am - 8pm
Thu - Fri 9am - 5pm
Sat - Sun 10am - 4pm

HOW TO GET SUPPORT: Call during opening hours



Phone Call: 0333 150 3456

OVER 50S FORUM

www.enfieldover50sforum.org.uk

Helping our members keep active, involved and healthy.



TYPE OF SUPPORT Arts & Crafts, Lunches, Gardening, Film Making and Exercise.

HOW TO GET SUPPORT: Email or call to sign up



Email: oliviagoodfellow19@gmail.com



Phone Call: 020 8807 2076

THE SILVER LINE

www.thesilverline.org.uk



A free, confidential telephone service for older people, providing friendship, conversation and support 24 hours a day, 7 days a week.

TYPE OF SUPPORT Befriending

Opening: Mon - Sun day & night (24/7)

HOW TO GET SUPPORT: Call to get support



Phone Call: 0800 4 70 80 90

UCAN ENFIELD

www.ucanenfield.co.uk

Instagram: @ageukenfield



Offering support services for the community to stay healthy and active. Services include free fitness and nutrition classes.

TYPE OF SUPPORT Community Classes

Opening: Timing varies, located on website

HOW TO GET SUPPORT: Self-referral or referral via professional located on website



Phone Call: 0208 375 4120



Email: ucanenfield@ageukenfield.org.uk

ENFIELD HEALTH AND WELLBEING CENTRE

www.enfieldhealthwellbeingcentre.org.uk



Stay connected and supported through regular chats, calls, letters, or messages with friendly volunteers, anytime day or night.

TYPE OF SUPPORT Community Lunch, Exercise, Footcare and Befriending Service

Opening: Mon 9am - 1pm & Thu 9am - 5pm

How to get support: Referral from GP, physician or from the client themselves.



Phone Call: 07804 496 981



Email: info@enfieldhealthwellbeingcentre.org.uk



Community House, 311 Fore St, London N9 0PZ

CARERS

ENFIELD CARER CENTRE

www.enfieldcarers.org

Providing counselling, information, advice, training and support to people (adults and children) looking after/caring for someone who needs their help.

- TYPE OF SUPPORT**
- Up to six very low-cost counselling sessions in 9 different languages.
 - Events and Meet-ups see page 23

Opening: Mon – Fri 10am – 4pm

How to get support: Call, email or online form



Phone Call: 020 8366 3677



Email: info@enfieldcarers.org



Enfield Carers Centre, Britannia House,
137-143 Baker Street, Enfield, EN1 3JL

BEREAVEMENT

AT A LOSS

www.bhpc.org.uk/whats-on/the-bereavement-support-cafe/

A chance to share and chat about your bereavement over coffee, tea & biscuits. It is free, informal and relaxed with no expectations.

TYPE OF SUPPORT Support Group

Opening: First Tuesday of month at 2pm – 3.30pm

HOW TO GET SUPPORT: Email to join support group



Email: Paul.robinson@bhpc.org.uk



2-4 Leighton Road, EN1 1XH

MISCARRIAGE ASSOCIATION

www.miscarriageassociation.org.uk/how-we-help/support-groups/



Providing support and information to anyone affected by miscarriage, ectopic pregnancy or molar pregnancy via Zoom.

TYPE OF SUPPORT Support Group, Advice & Guidance

Opening: Mon, Tues & Thu 9am – 4pm
Wed & Fri 9am – 8pm

HOW TO GET SUPPORT: Email to get support



Email: juanita@miscarriageassociation.org.uk



Phone Call: 0303 003 6464

SLOW

www.slowgroup.co.uk/

Offering a supportive space for bereaved parents and siblings to connect and share their experiences.

TYPE OF SUPPORT Support Group, Advice & Guidance

HOW TO GET SUPPORT: Complete Referral Form: →



Phone Call: 07532 423 674



Email: info@slowgroup.co.uk



ADVICE & GUIDANCE

CITIZENS ADVICE

www.citizensadviceenfield.org.uk



A local charity offering free, independent, confidential, and impartial advice to individuals, ensuring they understand their rights and responsibilities.

TYPE OF SUPPORT Advice line, debt advice & HIV hospital outreach

Opening: Mon - Fri 10am - 4pm

HOW TO GET SUPPORT: Call & Webchat



Phone Call: 0800 014 8307



WebChat: www.citizensadvice.org.uk/about-us/information/chat-with-an-adviser-online

ENFIELD LAW CENTRE

www.hlc-enfield.org.uk

Providing independent legal advice and representation to people living and working in the London Borough of Haringey and Enfield

TYPE OF SUPPORT Helping with Asylum and Immigration, Debt, Housing & Welfare Benefits

Opening: Mon - Fri 11am - 5pm

HOW TO GET SUPPORT: Call or fill out this form →



Phone Call: 020 8150 6588



Email: info@hlc-enfield.org.uk



MENTAL HEALTH AND MONEY ADVICE

www.mentalhealthandmoneyadvice.org/en/

Clear, practical advice and support for people experiencing issues with mental health and money.

TYPE OF SUPPORT Advice and Guidance

HOW TO GET SUPPORT: Visit Website



EDMONTON COMMUNITY PARTNERSHIP

www.edmontoncommunitypartnership.org



Empowering families in Enfield to navigate the immigration, welfare, housing and benefit system.

TYPE OF SUPPORT Digital skills, immigration welfare, benefits and housing support and employment.

Opening: Mon 9am-12:30pm at Pymmes Park Visitors' Centre
Wed, Thu & Fri 09:30am-1pm at Edmonton Green Library

HOW TO GET SUPPORT: Email us for support



Phone Call: 07925 600792



Email: info@edmontoncommunitypartnership.org



- Park Visitors Centre, Pymmes Park, N18 2UF
- Edmonton Green Library, Edmonton Green Shopping Centre, 36-44 South Mall, N9 OTN

GRACE ADVOCACY

www.graceadvocacy.org/enfield_charity_branch.html

Offering a free debt advice and advocacy service to help people who are struggling.

TYPE OF SUPPORT Information, Advice and Guidance

Opening: Mon 9am - 1pm

HOW TO GET SUPPORT: Call & Email
Online Referral →



Phone Call: 0203 475 1510



Email: advice@graceadvocacy.org



Enfield Town Community Church, 79 Cecil Road, Enfield, EN2 6TJ



LEAP (LOCAL ENFIELD ADVOCACY PARTNERSHIP)

www.mindeb.org.uk/services-for-individuals/advocacy/community-advocacy/

LEAP (Local Enfield Advocacy Partnership) is a collaboration between local providers to deliver advocacy support and rights-based training and community empowerment.

The partnership consists of: Mind in Enfield and Barnet, Enfield Carers Centre, Precious Moments Counselling and Mentoring CIC, One to One, Citizens Advice Bureau Enfield, Enfield Voluntary Action

We can provide support with:

- Understanding your rights as a service user or carer, the assessment and care planning process
- Support to navigate/ access services, including health, social care, and community services
- Developing knowledge to build confidence when engaging with services
- Provide representation to help have your views, wishes, and voice heard
- Group advocacy
- Support to access consultations to influence the design and development of local services



Phone Call: 0208 906 7505



Email: enquiries@leapadvocacy.org.uk

UCAN - UNIFIED COMMUNITY ASSISTANCE NETWORK

www.ucanenfield.co.uk

UCAN helps you to live well, stay connected and feel supported. Small steps can make a big difference. Whether you want to eat healthier, stay active, connect with your community, or find support for your wellbeing. With UCAN, you have access to free, personalised support through their network of local partners. From workshops to one-to-one guidance, they're here to help you thrive.

AgeUK - Falls prevention classes, care services, and local activity groups

Mind Enfield & Barnet - Counselling, workshops, and peer support groups

Bread'n'Butter - Cooking workshops, meal planning sessions, and community meals

Cooking Champions - Teach simple, budget-friendly recipes that promote healthy eating

Wellbeing Connect - BAME-focused intergenerational support groups and community events

One-to-One Enfield - One-to-one support, workshops, and community engagement for neurodivergent individuals and their families.

Middlesex Association for the Blind - Training on assistive devices, peer support and practical help for Adults with sight loss and their carers.



Phone Call: 0208 375 4120



Email: ucanenfield@ageukenfield.org.uk

GET FREE Help:

www.ucanenfield.co.uk/#contact



DANE (DISABILITY ADVICE NETWORK ENFIELD)

www.dan-enfield.co.uk

The Disability Advice Network Enfield (DANE) is a partnership of four organisations commissioned by Enfield Council to support disabled residents in Enfield. Adults with disabilities, vulnerabilities, care needs and their carers can access tailored advice, digital skills training, assistive technology guidance, and wellbeing support.

How the service works: The DANE service helps eligible service users to maximise independence and wellbeing, stay digitally connected and navigate services through information, advice and guidance.

Eligibility Criteria: Live in Enfield and meet one of the following criteria: Health condition, disability or learning difficulty, be a carer, be 50+ years old, or be 17 in transition to adulthood.



Phone Call: 03333 440 034



Email: dane@enfieldcab.org.uk

GET FREE Help: www.dan-enfield.co.uk/self-referral/



MONEY ADVICE & HOUSING

TURN2US

www.turn2us.org.uk



Providing practical information and support to end financial insecurity. Use our free Benefits Calculator and Grants Search to find out what help you can get.

TYPE OF SUPPORT Financial Support, Advice & Guidance

HOW TO GET SUPPORT: Visit Website

EMPLOYMENT

WORKING WELL TRUST

www.workingwelltrust.org/thrive-into-work

workingwell
trust

Supporting people with mental health challenges or neurodiversity on their recovery and employment journey with emotional and practical help.

TYPE OF SUPPORT Employment Support,
Inwork Support and
Starting a Business Support

Opening: Mon – Fri 9am – 5pm

How to get support: Call or email to get support



Phone Call: 020 7613 7096



Email: thriveenfield@wwtrust.co.uk



Community House, 311 Fore St, London N9 0PZ

OVERCOMING LONELINESS

ENFIELD HOME LIBRARY SERVICE

www.royalvoluntaryservice.org.uk

Service offers library home service for those who may not be able to travel there

TYPE OF SUPPORT Home Library

Opening: Mon – Fri 9am – 5pm

HOW TO GET SUPPORT: Call to access service,
no referral needed



Phone Call: 0330 555 0310



WAVELENGTH

www.wavelength.org.uk



Providing individuals who are lonely and can't afford to buy the technology with access to radios, televisions, and tablet computers, free of charge.

TYPE OF SUPPORT Support through technology

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 01223 776 770



Email: application@wavelength.org.uk

SOCIAL GROUPS & EXERCISE

Fitness & Dance

- 1 Aerobic with 60,70, 80's music. (AgeUK)**
Monday 10.00–10.50 for £5
North Enfield Conservative Club
- 2 Senior Circuits**
Monday 11.00–12.00 for £5
St Aldhelm's Church Hall
- 3 Line Dancing**
Monday 13.00–15.00 for £5
Southbury Leisure Centre
- 4 Walk & Talk (ICAN)**
3rd Monday of month, 14.00–15.00, FREE
Durant's Park
- 5 50+ Ladies Aerobic (Community Aid)**
Tuesday 09:45–11:00 for free
St Alphege Church Hall
- 6 Fit Steps**
Tuesday 10.00–10:50 for £5
Southgate Methodist Church
- 7 Party Dances**
Tuesday 13.00–15.00 for £5
Southgate Methodist Church
- 8 Aerobic session with 60,70, 80's music.**
Wednesday, 10.00–10:50 for £5
St Aldhelm's Church Hall
- 9 Get Walking Get Talking**
Wednesday, 10.45–11.45, for £2
Broomfield Park Café
- 10 Seated Class**
Wednesday 11.00–11.45 for £4
St Aldhelm's Church Hall
- 11 Circuit training (ECYPS)**
Wednesday 19:00–20:00 for free
Ponders End Youth Centre
- 12 Gentle Activities**
Thursday 12.15–13.15 for £5
Southgate Methodist Church
- 13 Move, Stretch & Tone**
Thursday 13.20– 14.05, for £5
Southgate Methodist Church
- 14 Line Dancing**
Thursday 13.30–14.30 , for £5
St Aldhelm's Church Hall
- 15 Pilates**
Thursday 15.00–16.00 for £5
St Aldhelm's Church Hall
- 16 Strength Class**
Thursday 12.00– 13.00 for £3.50
Community House
- 17 Zumba**
Friday, 10.00– 10.45, for £5
St Aldhelm's Church Hall
- 18 Nifty Fifties Aerobics**
Wednesday 14.00–14.50 for £5
Enfield Baptist Church
- 19 Get Walking Get Talking**
Wednesday, 14.30–14.30, for £2
Whitewebbs Park Café
- 20 Get Walking Get Talking (FAST)**
Friday 10.20–11.20 for £2
Trent Park
- 21 Women Boxing**
Saturday 14.00–15.00 for free
Ponders End Youth Centre
- 22 Men Boxing**
Friday 15:30–17:00 for Free
Ponders End Youth Centre



MORE ACTIVITIES?

Active Enfield provides more information in free activities in Enfield

Mingle

19 Memory Meet Up (ICAN)

1st & last Monday 10.30–12.00, FREE
Edmonton Methodist Church
Email: ican@enfield.org

20 Tea and Chatter (ICAN)

1st Monday of the month, 10.00–12.00,
FREE, Edmonton Green Library

21 Stroke Café (ICAN)

Tuesday, 13.00–15.00, FREE
Palmers Green United Reformed

22 Tea and Chatter (ICAN)

2nd Tuesday of the month, 10.00–
12.00,
FREE, Ordinance Unity Library

23 Men's Sheds

Tuesday & Thursday 10.30–13.30, FREE
John Jackson Library
Call before attending: 0208 375 4120

24 Menopause Meet Up

2nd Tuesday of the month 18.30–20.00,
FREE
Beaumont Southgate Care Home,
Email before attending:
beh-tr.enfieldtalkingtherapies@nhs.net

25 Memory Meet Up

1st & 3rd Wednesday of the month,
10.30–12.00, £2.50
St Stephen's Church Hall,

26 Tea and Chatter (ICAN)

1st Thursday of the month 10.00–12.00 FREE
Enfield Town Library

27 Feel Good Friday

Friday 11.00–13.00, FREE
Dugdale Arts Centre

28 QUIZ

Friday 14.00–15.00, FREE
ONLINE
Call before attending: 0208 375 4120

29 Men's Wellbeing Group

Friday, 11.30–12.30, FREE
Pymmes Park

Art & Hobbies

30 Social Singalong

2nd Wednesday 10.30–11.30, @2.50
St Stephen's Church Hall

31 Art Journaling – Memory Keeping

2nd Friday of Month, 11.00–13.00, FREE
Southgate Library



MORE EVENTS?

UCAN also offers a vast amount of services. Scan the QR code and get a monthly update.



APPS & OTHER PLATFORMS FOR SUPPORT:



Calm is a popular app that helps people relax and improve their sleep. It offers guided meditations, sleep stories, breathing exercises, and other tools to reduce stress and anxiety.



Calm is a popular app that helps people relax and improve their sleep. It offers guided meditations, sleep stories, breathing exercises, and other tools to reduce stress and anxiety.

MORE SUPPORT:

Mental health & wellbeing services Enfield



5 Steps to Mental Wellbeing



Mental Health Enablement Service



Free Activities by Enfield Council



Enfield My Life



Community Hubs



HOW CAN YOU FEEL BETTER?

Sometimes we might need a little boost. We asked people in Enfield to share their top tips on what helps them feel better.

- “When I feel sad, I listen to music, read a book or watch stand-up comedy. This always cheers me up.”
- “When I feel sad or anxious, I usually speak to a person I trust. They are great at listening to me.”
- “Once, when I felt sad was given some great advice: ‘Is it going to matter in 6 months time?’. This really helped me to get some perspective.”

What could we do to feel better:



Walk in the Park

Young people in Enfield highly recommend to have a walk in a park when feeling down. Here is a list of all parks in Enfield:



Go to a Library

Sometimes all we need to do is immerse ourselves in a different story. You can visit a library near you. They are usually calm & safe spaces, full of stories ready to be discovered.



Socialise (even if you may not feel like it)

Mingle, art and sport groups offer a safe and supportive space where you can connect with peers and feel part of a group.

SCAN ME



Courses & Resources:

super Tip!

Mind – Wellbeing Courses

Wellbeing Service offer workshops and courses to help people's mental wellbeing. Courses are offered seasonally. You could attend courses like:

- Mindfulness
- Personal Development
- Anger Management
- Bespoke creative workshops etc.
- Art and Crafts

wellbeinglearning@mindeb.org.uk – 0208 906 7504

Are you a parent? For expecting parents and carers, or in the first two years after birth, Mind offers workshops on wellbeing, perinatal mental health, and coping strategies.

 **Mind**
in Enfield and Barnet



Do you know of other groups or organisations supporting Enfield residents with their Mental health?

Please feel free to contact us here.

✉ admin@healthwatchenfield.co.uk

🌐 www.healthwatch.co.uk

📞 0208 373 6283

In collaboration with



Additional Appreciation for



Created 2025