

# Community Living Well

## Do you need support to improve your mental health and wellbeing?

If you are 16 and over or caring for someone who is, then Community Living Well is a new mental health service that offers you a different kind of mental health support.

Community Living Well brings people together from your local NHS, voluntary sector and local community groups into one service which will work alongside you and your GP to help you access the support you need.

Community Living Well offers easy access to a range of wellbeing and clinical services including:

- **Primary Care Liaison**  
support from specialist mental health workers
- **Talking Therapies**  
to help if you are stressed, worried or low in mood. We can also help individuals who are adjusting to having a new baby or those who need help to live with long term conditions
- **Navigators**  
practical support with a range of issues including benefits, debt, housing options, access to health and social care services and support to access specialist advice and information
- **Employment Support**  
supporting you to find work, take steps to improve your job prospects or keep your job
- **Peer Support**  
wellbeing workshops, one-to-one support, peer support groups, social activities and peer support training with other people who have had similar experiences to you
- **Self-Care**  
Support and activities that help you to take care of your own mental, emotional and physical wellbeing



## Get in touch...

To be referred to Primary Care Liaison please speak to your GP. You can find out more information on the Community Living Well website.

[communitylivingwell.co.uk](https://communitylivingwell.co.uk)

email: [cnw-tr.clw@nhs.net](mailto:cnw-tr.clw@nhs.net)

tel: 020 3317 4200

In addition to community locations, our service bases are:

St Charles Centre for Health and Wellbeing  
Exmoor Street  
London  
W10 6DZ

Violet Melchett Centre  
30 Flood Street  
London  
SW3 5RR

Gertrude Street  
15 Gertrude Street  
London  
SW10 0JN



Community Living Well

Working together for your wellbeing



Central and North West London **NHS**  
NHS Foundation Trust

# Primary Care Liaison

Primary Care Liaison is delivered by Central and North West London NHS Foundation Trust.

Community Living Well is a collaboration of NHS and voluntary sector partners.

Community Living Well is not a crisis service. If you are worried about your mental health or the mental health of a friend or family member then please contact the Single Point of Access on **0800 0234 650** for help, advice or support over the phone, 24 hours a day.

# Primary Care Liaison

## Can the Primary Care Liaison Team help me?

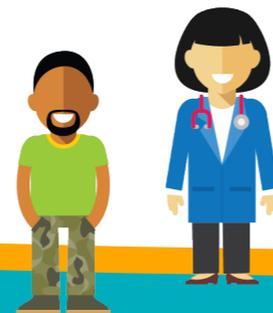
The Primary Care Liaison team is a service for people over 18, who may benefit from extra support over and above what is available from their GP.

This service requires a referral from your GP.

Primary Care Liaison is a nurse led service, supported by consultant psychiatrists which helps individuals referred by their GP with common mental health difficulties such as:

- Depression
- Anxiety
- Obsessive compulsive disorder
- Phobias
- Adjustment disorders
- PTSD post traumatic stress disorder.

We can also support people with stable serious mental health conditions who may benefit from a period of extra support from mental health nurses.



# What can Primary Care Liaison offer?

## Support

Primary Care Liaison offers short term support, working with you:

- When you or your GP may require more specialist advice on treatment and support options available to you
- To help you manage your mental health and wellbeing
- To help you to find solutions to life's challenges
- To help you to get specialist advice and information
- To help you to develop self-care and living skills
- To identify other services that you might find helpful.



## Recovery

- Explore your treatment options and support your decisions around treatment including supporting engagement with psychological therapies
- Create a plan, led by you, detailing how your needs can be met, who will support you and how
- Offer practical support to help you access the right services and support based on your needs, preferences and the options available to you
- Coordinate care and support to help you to achieve your goals
- Work with you on relapse prevention, including mood management.

