

For further support please visit our website
www.hfehmind.org.uk or visit our TV Channel
for helpful resources at:

My-Mind.TV

Scan the QR Code below using your camera on
your phone. This will take you directly there



We value your feedback

Your feedback is important to us as it helps improve our services. If you have any suggestions, recommendations, questions, complaints or compliments, please contact us on dutyadultservices@hfehmind.org.uk
0208 571 7454

 **Mind** Hammersmith, Fulham, Ealing and Hounslow



Compass

**Supporting you to navigate
your social issues**

 **Mind**
Hammersmith,
Fulham, Ealing
and Hounslow

Compass

Compass is here to support Adults (18+) in Hammersmith & Fulham and Hounslow navigate their social issues and improve their wellbeing.

Compass offers support face-to-face, online and via telephone.

What can Compass support you with?

Compass is here to support you with navigating social issues that are impacting your wellbeing.

We can help with:

- Form filling for welfare benefit applications
- Welfare benefit reconsiderations and appeals
- Housing options and navigation
- Low level debts
- Grant applications
- Applications for Transport and Travel
- Signposting to local services for further support

Peer Support Groups

Everyone who accesses the service for support will be offered the opportunity to attend a monthly peer support group. This group will bring together people with shared experiences to support each other.

How can I access support?

You can access the service through a self-referral or another person such as a friend, family member or professional can refer you to the service.

You can refer online via the self-referral form:

Call: 0208 571 7454

Email: Compass@hfehmind.org.uk

<https://www.hfehmind.org.uk/>