

**For further support please visit
our website www.hfehmind.org.uk**

**Alternatively scan the QR Code below to visit
[My-Mind.TV](#) for helpful video resources**



Safeguarding

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

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:

dutyadultservices@hfehmind.org.uk

0207 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

 Hammersmith, Fulham, Ealing and Hounslow

Monthly Wellbeing Workshops

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?

We have updated our referral criteria

- Self-referrals are no longer accepted
- We will now only be accepting referrals from NHS professionals
- All referrals must have a diagnosable mental health condition, except for those accessing support for Transport & Travel applications

You can refer online via the referral form:

Call: 0208 571 7454

Email: Compass@hfehmind.org.uk

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