



The Mental Health Recovery Pathway

Early intervention and prevention

Practical and emotional specialist
mental health and wellbeing
support for adults in Islington

Email: MHRP@islingtonmind.org.uk

Website: www.islingtonmind.org.uk/referrals

Infoline: 0203 301 9850 (Mon-Fri 9:30am-4:30pm)

 **mind**
Islington

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For a more equal future

Early Intervention and Prevention Community Mental Health Support in Islington

The Mental Health Recovery Pathway service provides specialist mental health support to people facing mental health concerns, helping them develop self-management strategies, build resilience, and live fulfilling lives in a community of their choice.

We support people with and without mental health diagnoses who struggle with their mental health or wellbeing.

The service is available to Islington residents or people who are registered with an Islington GP surgery, and we accept referrals from individuals aged 18 and over.

We accept referrals from statutory and community organisations, as well as self referrals, through an online form on our website or a phone call to our information support line.

Our direct delivery partners include: Key Changes Music Therapy, The Maya Centre, Nafsiyat Intercultural Therapy, Stuart Low Trust, Hillside Clubhouse, Manor Gardens Welfare Trust, and Jannaty Women's Charity.



The Mental Health Recovery Pathway includes:

Short term one-to-one support for practical and emotional issues

Open access communal space and peer support at our day centres

Therapeutic wellbeing and upskilling group activities including art and music

Accessible exercise activities

Events and day trips

Life skills workshops

Specialist groups for LGBTQI+ people and young people

Women's sanctuary

To refer yourself or someone else to the Mental Health Recovery Pathway, complete a referral form on our website or contact our office

Email: MHRP@islingtonmind.org.uk

Website: www.islingtonmind.org.uk/refer

Instagram/Twitter: @islingtonmind