



The Mental Health Service for our Community

Mental Health and Housing



<https://www.mind.org.uk/information-support/guides-to-support-and-services/housing/housing-and-mental-health/>

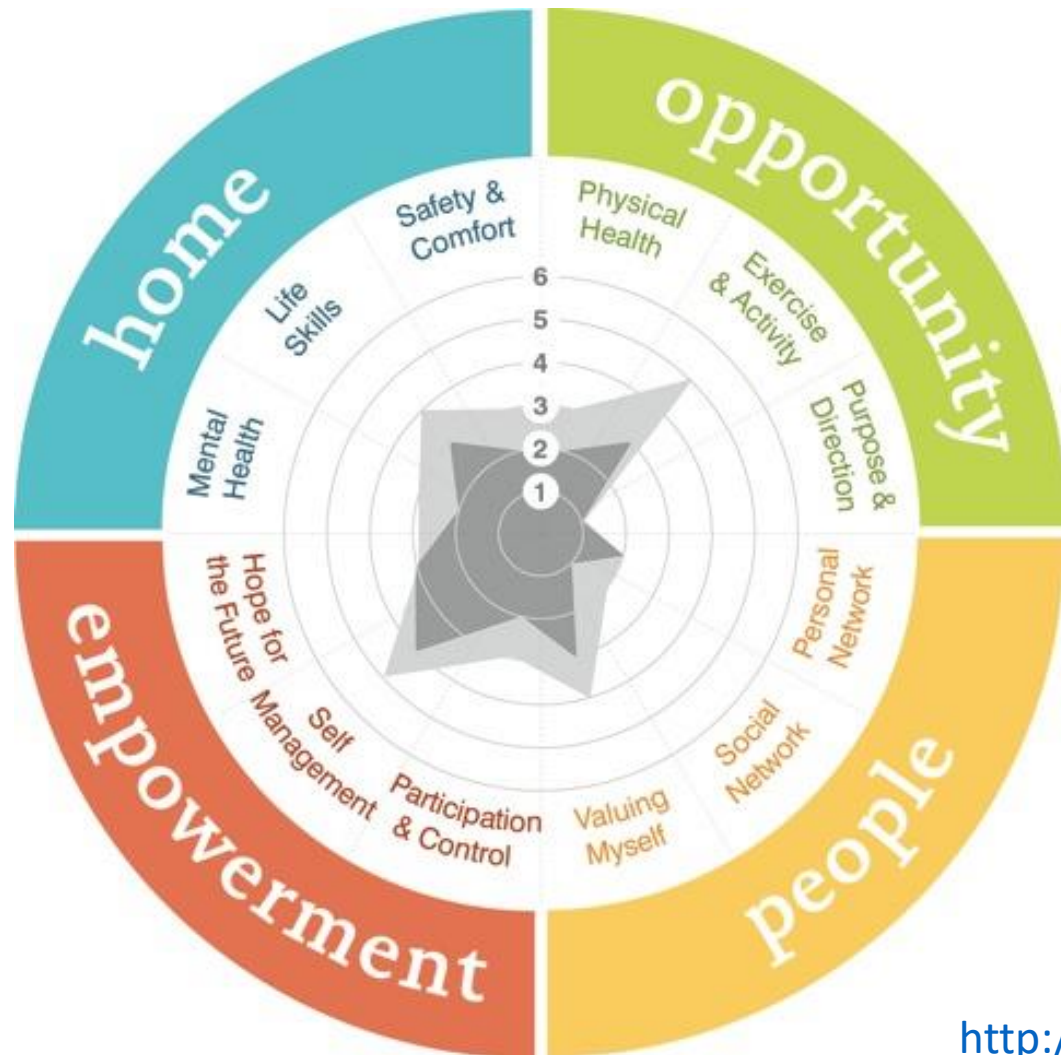
Inequalities, mental health and housing

“People living in societies with large income gaps are more likely to suffer from a wide range of health and social problems compared to those living in more equal societies. This includes the psychological effects of social stress and more prevalent mental health problems.” (Professor Pickett)

<https://www.housing.org.uk/news-and-blogs/blogs/amanda-tomlinson/housing-inequalities/>

https://www.centreformentalhealth.org.uk/sites/default/files/publication/download/CentreforMH_Commission_FinalReport.pdf





home

a safe and secure place to live

Mental Health
Life Skills
Safety & Comfort



opportunity

to pursue meaningful leisure, recreation, education and work possibilities

Physical Health
Exercise & Activity
Purpose & Direction



people

as friends, confidantes and supporters

Personal Network
Social Network
Valuing myself



empowerment

fully involved in decisions affecting own life

Participation & Control
Self Management
Hope for the Future

<http://www.penumbra.org.uk/innovation/iroc/>

COVID -19 and our Mental Health

In the chat – what words / phrases to you associate with the pandemic and our mental health?

Social model





<https://www.linkedin.com/pulse/we-same-storm-boat-sarah-marrinan/>

<https://www.mentalhealth.org.uk/coronavirus/divergence-mental-health-experiences-during-pandemic>



<https://delphis.org.uk/mental-health/continuum-mental-health/>

Signs we may be struggling with our mental health...

- **Loss of interest in doing things with other people**
- **Difficulty doing the things we need or usually want to do**
- **Problems with concentration or memory**
- **Heightened sensitivity to sights, sounds, smells or touch**
- **A feeling of being disconnected from oneself or one's surroundings**
- **Unusual or exaggerated beliefs**
- **Fear or suspiciousness of others or a strong nervous feeling**
- **Doing things which are out of character**
- **Sleep and appetite changes**
- **Changes in how a person is feeling**

If you or someone else needs help...

- Have a conversation / reach out
- GP
- Other organisations that can help?

If you are concerned about safety....

- Call 999
- Call GP
- Call the local mental health crisis team

Questions?

How to get in touch



020 8458 2223



info@jamiuk.org

We encourage self referral and work with anyone who has a mental health need.

A member of our admin team will take a few details and then a duty worker will call back within 10 working days to process the referral.

Please note: We are not a crisis service. We cannot accept third party referrals.