

How to refer to the service

To access the service, you need to be presenting with a mental health need.

You can self-refer to this service. Referrals can also be made by hosting families or through other professionals.

Please contact us to find out more about the service, or to talk to us about a referral.

T: 0203 727 3600

E: flourish@hertsmindnetwork.org

About Hertfordshire Mind Network

We deliver essential mental health support in Hertfordshire, providing a diverse range of services from our seven Wellbeing Centres and other venues across all ten districts of the county.

Funded locally, our services are available to all residents in Hertfordshire over the age of 18 and we also offer dedicated services for 5-18 year olds.

We create opportunities for individuals experiencing mental ill health to make choices, find their solutions, build resilience and manage their whole life and wellbeing.

Our services are based on the principle of self-help with a strong emphasis on prevention, personal development, self-management and improving health and wellbeing.

For more information on the range of services Hertfordshire Mind Network offer, please visit www.hertfordshiremind.org



Flourish Refugee Service



About the service

Our countywide Flourish service is here to provide advice, information, onward referral and holistic support to refugees who are experiencing mental ill health, or need support with their mental wellbeing or daily challenges.

This service is available to those aged 18 and above, offering up to 10 sessions.

We work in partnership with local agencies and charities such as the Refugee Council, Communities 1st, Herts Welcomes Refugees, local district councils, social prescribers, Citizens Advice and other professional agencies.

We will work alongside you to develop a tailored package of support that meets your needs, working with you to find the solutions that are right for you.

Our high quality service is flexible and will help you to resolve real-life difficulties and to improve your own independence, quality of life and wellbeing.



How can we help?

The areas of support will be built around your needs, to help you with the goals that are most important to you. We can provide:

- Emotional and practical support
- Help to improve your health and wellbeing
- Housing related support and advice, including homelessness
- Support with applications e.g. benefits and visas
- Support with job applications
- Psycho-education around your mental health and how it might affect you
- Support to attend appointments with other services and community resources
- Signposting and onward referral to other services and community resources
- Help to reduce episodes of crisis
- Building life skills, confidence and self-esteem
- Support to build social networks and reduce isolation
- Support around relationships with hosting families
- Drug and alcohol support
- Weekly Peer Support Groups in our Wellbeing Centres.

We can also help you to access other services, groups and activities that Hertfordshire Mind Network offers.

We can provide short-term advice, information and support.

We can meet with you within your local community, at one of our Wellbeing Centres and can also arrange home visits.

“**Thanks to the Flourish project I now feel happier, as I have made new friends and I am feeling more connected to my wider community**”.