



# Support & Connect



A flexible and person-centred approach  
to supporting adults in Camden

Delivered by

**Likewise**

 **mind**  
in Camden



**North London  
Mental Health  
Partnership**



## What is Support & Connect?

Support & Connect is a service delivered by Likewise and Mind in Camden within the NHS Camden Core Team to provide a flexible and person-centred approach to individual support. As part of Support & Connect, you can access support for emotional, practical, and social needs; while aiming to connect you to resources, other Core Team professionals and your local community spaces.

### Values and approach

Support & Connect takes a relationship-first approach where support workers get to know you, your experiences, interests, strengths, and needs. This allows us to have a collaborative and open space where we learn together and understand what really matters to you, so you get the most out of your sessions and hopefully build up your support network.

## What does it look like?

Support & Connect generally offers 10-12 sessions and your support worker will aim to meet with you weekly or fortnightly to truly facilitate relationship building. This can be over the phone, online, in your home or somewhere in your local community, depending on your preference.

1

### Getting to know you

Your support worker will introduce the service and learn more about you and what you hope to get out of the support.

2

### Support & Connecting

We will meet and explore what we can do together that would best support your own wellbeing at the time.

3

### Review & Reflecting

Throughout the support, we may check-in and reflect together on how you are finding the sessions, and what you might want or need beyond our service.

4

### Closing or Pausing

As we come to the end of the service, we work towards people feeling connected to other support, resources or ways of maintaining their well-being.



## A flexible, person-centred approach

Every person's support will look different and may even change over time. Whilst we cannot always work together on all the areas you want support with, we will do our best to explore what is possible and be creative. Here are some examples of the kinds of work we do:



### Wellbeing

Liase with professionals in the NHS Core Team and your GP practice. Signpost or attend different hobbies, groups, activities and spaces that feel supportive for your wellbeing.

### Community connection

Help with engaging with a support network as you continue your journey. Signpost and attend community organisations based on your needs and interests. Create connections with volunteers and services for community support.

### Emotional support

Provide an active and reflective listening space for you to express yourself. Build a relationship that is supportive and collaborative.

Find resources together to help you understand and cope with some of your experiences.

### Practical support

Discuss and work on practical admin together in sessions. Liase, refer, and signpost to services like:

- Legal support
- Housing
- Financial
- Employment
- Education

