

Would you benefit from receiving free therapy?

Croydon NHS Talking Therapies provide free guided self-help, counselling, CBT and online therapy for those over 17. They also provide free group therapy, workshops, specialist therapy for those with long-term health conditions and employment support. Please scan the QR code below for more information and to refer yourself.



mind in Croydon

Croydon TALKING Therapies



Would you enjoy free groups to complement your therapy?

Active Minds is in Partnership with Croydon NHS Talking Therapies to provide free activities and peer support groups to anyone receiving Talking Therapy Support, during treatment and for up to a year after discharge.

In Person Activities

Tuesdays	Wednesdays	Thursdays
Sound Healing/Yoga/Meditation Gentle breathing and stretches practice with soothing music followed by relaxation suitable for all levels including beginners. 4pm-5pm Bethlem Royal Hospital	Sound Healing/Yoga/Meditation Gentle breathing and stretches practice with soothing music followed by relaxation suitable for all levels including beginners. 6pm-7pm Our Space Community Hub Central Croydon	Sound Healing/Yoga/Meditation Gentle breathing and stretches practice with soothing music followed by relaxation suitable for all levels including beginners. 12.30pm-1.30pm Family Centre New Addington

Online Activities

Mondays	Tuesdays	Thursdays
Mindfulness with Laura Relaxing breathing techniques and gentle movements to help focus your mind and body. 12pm-12.45pm	Yoga Breathing exercises and gentle stretches with Su. 3.30pm-5pm	Relaxation Do some movement and breathing exercises, then listen as you are guiding into relaxing each part of your body before imagining you are somewhere super relaxing. 1pm-1.30pm
Fridays		
Mindfulness Try out breathing exercises and other strategies to use to help ground you and lessen feelings of anxiety. 11am-12pm	Beginner Fitness A fun fitness session with Charlotte, adaptable for all and open to beginners. 12.30pm-1.10pm	Active Minds Social Chat Group Come online and meet other members of Active Minds for a weekly catch up and talk about how you are doing and feedback any new ideas for what we can do. 1.30pm-2.30pm

Mental Health Drop-In Sessions

Tuesdays	Wednesdays	Thursdays
Drop-In A welcoming space for people to have a chat with Pauline about any additional support needed and signposting. 12pm-1pm South Norwood Library	Drop-In A welcoming space for people to have a chat with Pauline about any additional support needed and signposting. 4.30pm-5.30pm Our Space Community Hub Central Croydon	Drop-In A welcoming space for people to have a chat with Pauline about any additional support needed and signposting. 2.30pm-3.30pm Family Centre New Addington

Peer Support Groups

A welcoming space for people who are taking part in talking therapies to come together, connect and help each other improve their well-being, facilitated by a member of staff.

Tuesdays	Wednesdays	Thursdays
5:15pm-6:30pm - Bethlem Royal Hospital	1pm-2pm - Our Space, Central Croydon 3pm-4pm - Online	1:30pm-2:30pm - Family Centre, New Addington



Scan the code to self-refer

Once registered with Talking Therapies, you can request to refer to the complementary groups. For more information email: pauline@mindincroydon.org.uk