



Safeguarding the mental health of Islington
Residents since 1985

- We bring people together
- We are inclusive to all
- We use strength-based approaches
- We use co-production methods, which means “no decisions about me without me”
- We have a flexible referral process, including self-referrals

Islington Mind supports about 900 unique individuals every year



Our generic services:

The Mental Health Recovery Pathway

- Integrated Community Support (ICS):
 - Community Support – drop-ins, communal lunches, activities
 - Crisis Café – Out of Hours
- Structured Intervention Support (SIS)
 - Psychosocial support
 - Reablement
 - Talking therapies – Psychosis Therapy Project (and a counselling service.)



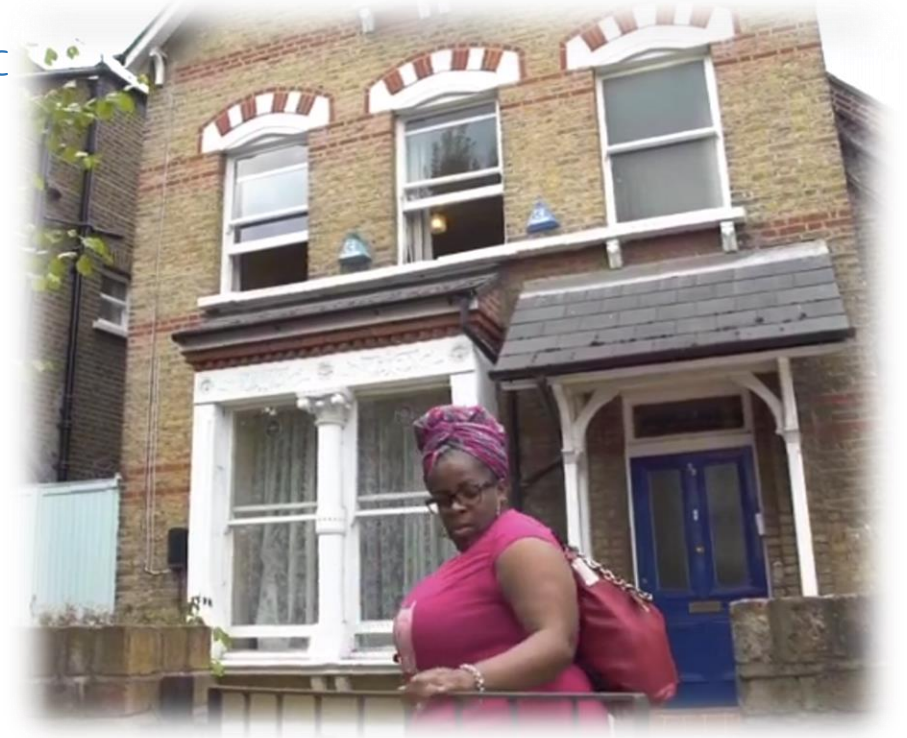
Our specialist services and projects:

- Outcome
 - A LGBTIQ+ Specialist Service
 - Freedom From Fear to Love
 - RainbowSports@Mind
- Welfare Benefits Clinic - WBC
- Psychosis Therapy Project - PTP
- Enablement Service
- Women-Only Space
- Mother 2 Mother project
- LDTogether



Outcome

- Run by LGBTQ+ mental health professionals & a wonderful team of volunteers for 28 years
- Supporting people whose mental health affected by SOGI. We offer the opportunity to socialise free from discrimination; peer support; a programme of activities, such as art, creative writing, yoga, and more!
- Service users are part of the team: cooking, gardening and making strategic decisions about the service
- 257 attendances last year of clients with diverse needs
- Freedom From Fear To Love is a specialist support provision for LGBTQ+ asylum seekers and refugees



The impact of COVID-19 on this community

- Higher risks of social exclusion, mental health problems and financial insecurities exacerbated by the Covid-19 pandemic crisis.
- Less information, fewer specialist treatments, fewer services sensitive to specific LGBTQ+ issues mean many feeling “left behind”
- Examples of additional challenges:
 - Self isolating with homophobic family or friends
 - “Closeted” at home
 - Struggling to access online support
 - Self isolating with abusive partner
 - Hormonal treatments for transgender people regarded as ‘non-essential’ service and delayed



Our support during the pandemic crisis

- One-to-one psychosocial telephone support
- A programme of virtual activities
- Regular drop-ins online
- Ongoing financial support - access basic essential goods
- Ongoing, comprehensive IT support - access IT equipment, and training
- Face to face one to one appointments since August
- April/May - small in-person groups (as we re-open slowly)
 - Gardening / Walking groups
 - Use of facilities
 - Small 'drop-in' like groups
 - Sit in lunch



Current challenges

- Increased demand (over 20% in numbers)
- Level of complexity of our service users' needs has significantly increased
- Delivering a “dual service” – online and in-person

	Total SUs accessing IM
Q3 19	464
Q4 19-20	586
Q1 20	567
Q2 20	587
Q3 20	688
Q4 20-21	708



Lets do it together



Sharing
information

Integrated
approach

Co ordinated
approach

Building
relationships

Building trust

Sharing
practices and
learnings

Working
together

