



**NATIONAL LOTTERY  
COMMUNITY FUND**

# Enablement Service

Islington Mind's **Enablement Service** helps Islington residents with mental health challenges to build confidence and develop strategies for regaining and maintaining independence.

020 3301 9850

[islingtonmind.org.uk](http://islingtonmind.org.uk)

Registered charity no. 294535



# “Enablement helped me **rebuild my confidence** and independence step by step”

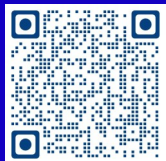
Islington Mind’s **Enablement Service**, funded by The National Lottery, supports Islington residents living with mental health challenges through personalised support. Clients are paired with support worker volunteers for regular individual support sessions.

We accept referrals from Islington residents (18+) who experience mental health problems.

**The service assists clients to manage practical goals that include:**

- Addressing financial and housing issues
- Accessing work, education and training
- Completing forms and navigating services
- Building community connections

**To refer yourself or someone else to Islington Mind’s services, please complete the referral form on our website, or scan the QR code below.**



**Find out more and/ or refer yourself by scanning this QR code!**