

family
action

NHS
South West London

Wandsworth Primary Care Integrated Wellbeing & Support Service



Struggling to cope? We're here to listen.

Providing emotional and practical support for adults in Wandsworth.

[family-action.org.uk](https://www.family-action.org.uk)

About us

Funded by the NHS South West London Integrated Care Board and operating from GP Practices across the borough, Wandsworth Primary Care Integrated Wellbeing and Support Service offers emotional and practical support to adults who are registered with a GP in Wandsworth.

Through inclusive and personalised support, we aim to improve the emotional health and wellbeing of individuals, and impact local families, young people, children and the community.

Working through worries to wellness. Together.

About Family Action

Family Action is an award-winning national charity working from the heart of local communities to support people through change, challenge and crisis. We protect children, support young people and offer direct, practical help to families.

It's what we've done for over 150 years.

Wandsworth Primary Care Integrated Wellbeing and Support Service

0208 874 0730

WandsworthPCISupport@family-action.org.uk

The Old Fire Station, 199 Perry Vale,
SE23 2JF

Opening Hours:
Monday – Friday
0900 – 1700

Scan for
more info:



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www.family-action.org.uk

Family Action. Registered as a Charity in England & Wales no: 264713.
Registered as a Charity in the Isle of Man no: 1206. Registered Company
Limited by Guarantee in England and Wales no: 01068186.

Who are we?

We are an experienced team that provide emotional and practical support to help you address your difficulties and access the support you need.

We offer this service face to face and by phone after an informal chat where we look to understand your current situation and concerns. By taking the time to better understand you, we focus on the outcomes that you are looking to achieve.

Whether you are struggling with mental health, financial worries, relationships, parenting or caring responsibilities, facing discrimination or suffering following a bereavement, we're here for you.



What do we do?

We can help support you if you are experiencing:

- mental health issues, i.e., depression or feeling stressed, worried and struggling to cope,
- bereavement,
- parenting or caring concerns,
- financial hardship and finding it difficult to buy essential items such as food,
- housing issues,
- relationship breakdown,
- feelings of social isolation,
- racism and other discrimination, or
- any feelings of worry or concern.

The support may be face to face or by phone, and includes an assessment, help to access other community and specialist services as well as providing information, advice, guidance and emotional support.



I liked the frequency and flexibility. It was also important to see the same person. Overall, very pleased.

Previous Service User



I felt really listened to and received great support.

Previous Service User



It was a great help and I think it will help other families talking about their problems.

Previous Service User



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Forest Hill, SE23 2JF