



EMHIP

ETHNICITY & MENTAL HEALTH
IMPROVEMENT PROJECT

HEALTH & WELLBEING HUB New Testament Assembly, Tooting



OLD PROBLEMS

The Ethnicity and Mental Health Improvement Project (EMHIP) is a collective endeavour to reduce inequalities in how Black and Asian people in South London access and experience mental health care, and their health outcomes.

At the moment, Black and Asian people are over-represented, over-medicated, over-policed, and over-restrained when experiencing mental health challenges.

EMHIP was developed through the leadership and activism of people from Black and Asian communities.

It offers and demands mental health service improvement led by local communities, co-designed and based on established lived-experience evidence. It builds on existing community-led co-produced projects.





NEW SOLUTIONS

1

HEALTH & WELLBEING HUBS WITH TRAINED MENTAL HEALTH WORKERS

- A safe community space with medical staff and resources to support guests with practical issues, physical and mental health & wellbeing.

2

MORE VARIED AND CULTURALLY APPROPRIATE SERVICES

- Residential alternatives for people experiencing crisis: Crisis Houses and Crisis Family Placements.
- Better support for people with serious mental illnesses through community relationships.

3

NO MORE FORCE

- Including patients in decisions made about their own care.
- End the use of restraint, control and force in mental health settings.

4

BETTER CARE FOR MENTAL HEALTH PATIENTS IN HOSPITALS

- Black and Asian community members to be involved in caring for inpatients.
- Cultural mediation between Black and Asian inpatients and staff.

5

DEVELOP CULTURALLY CAPABLE WORKFORCE

- NHS employees to be trained in recognising the impact of culture and racism on mental health and patient care.
- Black and Asian communities and statutory agencies will work in partnership to improve population health and tackle inequalities.

HUB SERVICES

The Hub offers you a hospitable safe space to relax and have a conversation. We will work together to identify the support you need.

Services provided at the Hub:

- Mental health and wellbeing clinics
- Physical health & wellbeing checks (including diabetes and heart disease risk)
- Healthy lifestyle sessions (including smoking cessation, weight management)
- Advice and advocacy in areas such as debt, housing, welfare benefits, drugs & alcohol dependency and immigration.
- Couples and family support
- Explore education, training and employment support
- Support your on-going recovery by offering you help that suits your needs
- Enhance your social life and sense of belonging by linking you up to culturally appropriate local services
- Connecting local groups and services together in a Hub and Spoke model.



OUR PROMISE

- To confront systemic racism and be actively antiracist
- To challenge stigma and discrimination against people who have experiences of mental health challenges
- To welcome, embrace and respect people from all backgrounds and nationalities.
- To hold inclusion at the core of our work.
- To listen without judgement.
- To ensure our guests enjoy the privilege of choice they are entitled to in their health and social care.



THE HUB JOURNEY



WELCOME & REGISTRATION

Welcome to the Hub!

Guests will be warmly greeted by the person on the front desk. They will take some basic attendance details to support health and safety, fire risk and other site governance related issues.



CONVERSATION WITH MEMBER OF STAFF

Guests will chat with a Community Mental Health Worker (CMHW) or trained member of staff to determine their needs. They can then be supported to access the appropriate service if secondary care is not required (Advice, Health Coach, GP, Family Therapy Practitioners etc).



FORMAL INFORMATION GATHERING

If further help is needed, guests can have a more structured, needs-led conversation with the CMHW who can book them into a session with the Hub specialist, or supported to access other services. This will be done via a booking system, and information recorded.



MEET WITH CONSULTANT

The guest will meet with the Community Psychiatric Nurse (CPN) or Consultant and be referred to secondary care services if they agree it would be beneficial. The Hub staff will be involved throughout the guest's journey, and there will be follow up exploration of further needs.



CHECK-IN & FOLLOW UP

If no further help is desired, there will be an invitation to feedback on their Hub experience. The Hub values your strengths and assets and we welcome your contribution to the work.

HUB STAFF

- Team Manager • Mental Health Practitioners •
- Community Mental Health Workers •
- Systemic Family Practitioners •
- Team Administrator • Local Volunteers • Sessional Support

CONTACT US

MONDAY - FRIDAY | 10AM - 6PM



The New Testament Assembly,
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HUB PARTNERS



EMERGENCY CONTACTS

Need help out of hours? Contact these free national helplines:

- Mental Health Crisis Support Line: 0800 028 8000
- Samaritans (24hrs): 116 123 // Text: 85258
- SANEline (4:30pm - 10:30pm): 0300 304 7000
- National Suicide Prevention Helpline UK: 0800 689 5652
- Switchboard (LGBTQ+ support, 10am - 10pm): 0300 330 0630