

How to access LifeWorks Psychotherapy Service:

LifeWorks welcomes self referrals and referrals from keyworkers; please note that full consent is required by referrers prior to submission

If you would like to arrange an initial assessment please:



020 3856 6309



lifeworks@mungos.org

Please note that the service is not suitable for people already engaged in counselling and psychotherapy elsewhere.

About St Mungo's

St Mungo's vision is that everyone has a place to call home and can fulfil their hopes and ambitions.

As a homelessness charity and housing association our clients are at the heart of what we do.

We provide a bed and support to more than 2,500 people a night who are either homeless or at risk, and work to prevent homelessness.

We support men and women through more than 250 projects including emergency, hostel and supportive housing projects, advice services and specialist physical health, mental health, skills and work services.

We work across London and the south of England, as well as managing major homelessness sector partnership projects such as StreetLink and the Combined Homelessness and Information Network (CHAIN).

We influence and campaign nationally to help people to rebuild their lives.

For more information contact:

St Mungo's, Fifth Floor, 3 Thomas More Square, London E1W 1YW

Tel: 020 3856 6000

Fax: 020 3856 6001

www.mungos.org

Registered Charity No 1149085 • Company No 8225808
(England and Wales) • Housing Association No. LH0279

St Mungo's
Ending homelessness
Rebuilding lives

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Welcome to

LifeWorks
Psychotherapy Service

Welcome to LifeWorks Psychotherapy Service

Our innovative psychotherapy service for those who've experienced homelessness

What is psychotherapy?

Many people experience problems and difficulties which can get on top of them or make them unhappy. If this is the case for you, you may be interested in psychotherapy.

Psychotherapy provides a regular time and a confidential space for you to talk about your problems and explore your difficult feelings with a trained professional therapist. This can help you to deal with specific problems, cope with a crisis, improve your relationships, or develop better ways of living.

Psychotherapists will listen carefully to you and help you to make sense of what is going on for you, and they will work with you to identify better ways of coping.

"People continually ask me what I get out of my [psychotherapy] sessions: higher self esteem and an increasing realisation of what makes me vulnerable." David

Psychotherapy may be helpful to those who?

- Have problems with their relationships with others.
- Feel isolated and find it difficult to make and maintain relationships.
- Suffer from anxiety, depression or other emotional difficulties.
- Need help in coming to terms with painful and traumatic events such as loss or abuse.
- Lack self confidence and self esteem.
- Have concern about drinking or using drugs.
- Feel that they have to harm themselves to feel better.
- Feel that life is not worth living or that there is little hope for change.
- Are experiencing difficult life transitions such as moving from a hostel environment to independent community living.

Our services

Face to face individual therapy

Psychotherapy sessions usually take place once a week for 50 minutes. Making this regular commitment gives you a better chance of finding out why you are having difficulties.

The number of sessions people receive varies depending on need. Short term work normally comprises between 6-12 sessions and is likely to focus on a specific problem. If the difficulties you have been struggling with are long standing, then we can work with you over a longer period.

Psychotherapy service for women

This is a service for women, delivered by women.

For further information email: womenspsychotherapy@mungos.org

Group work - Transitions group

This is a weekly group open to those who are concerned with issues around moving on, for example:

- returning to work
- moving into less supported accommodation
- leaving a significant relationship or starting a new one
- having finished a piece of psychotherapy, day programme, or residential rehabilitation project, etc.

Pre-referral staff consultation service

Staff are welcome to contact the service prior to referral to talk about clients they wish to refer in order to discuss whether LifeWorks is the right service for them.

"I was in a bad place. I [...] just wanted someone to listen to what I was experiencing in order to avoid going back into hospital and suicidal thoughts... LifeWorks is the foundation for the changes and improvements in all the different areas of my life. Thank you very much for the opportunity to get the help I needed to find my way back to life." Ella
