

# What to do if you are leaving hospital or struggling with mental illness



**If you are facing homelessness upon leaving hospital or struggling with mental illness there are a number of options available to you.**

## **Leaving Hospital**

If you are facing homelessness at the end of a stay in hospital, please get in touch with patient discharge team. They may put you in contact with the Housing Options team at your local council.

On discharge from hospital, your hospital discharge team can put you in contact with a Community Navigator, who can help you access the local services you require to support your needs.

Contact Details:

### **Lister Hospital (Stevenage)**

**dischargeteam.enh-tr@nhs.net 01438 781511**

### **QE II Hospital (Welwyn Garden City)**

**dischargeteam.enh-tr@nhs.net 01707 369259**

### **Watford General**

**01923 244366**

**Shelter** can also provide detailed housing options advice for people leaving hospital.

**housing.options@stalbans.gov.uk**

## Mental Health Needs

**Herts Adult Community Mental Health Services** can help you access a wide range of support services, and may be able to refer you to a supported housing scheme, depending on your circumstances.

To contact the Community Mental Health Team:  
**hpft.spa@nhs.net 0300 777 0707**

**Cherry Tree Housing Association** provide supported accommodation for tenants with mental illness or disability, encouraging independent living wherever possible.

**admin@ctha.co.uk 01923 850580**

## Advice Services

**Turning Point** offers advice to people with complex mental health needs on how to achieve their personal goals.

**0207 481 7600**

**Mind** are a national advice service for people struggling with mental illness. They offer support and legal advice for issues relating to mental illness. They have a local office in St Albans, located on Hatfield Road

**info@mind.org.uk 0300 123 3393**

**housing.options@stalbans.gov.uk**

**Rethink** provide support and advice for people struggling with mental health issues. They can advise on everything from treatment and care to benefits and employment advice.

**0300 500 0927**

**Shelter** can offer detailed housing advice for people struggling with mental illness.

St Albans City and District Council

Housing Options Team

Self Referral: [www.stalbans.gov.uk/housing/homelessness](http://www.stalbans.gov.uk/housing/homelessness)

[housing.options@stalbans.gov.uk](mailto:housing.options@stalbans.gov.uk)

01727 819355

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**St Albans**  
City & District Council