

Metro mental health service : for lesbian, gay and bisexual people across South East London / Metro.

Contributors

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Metro Mental Health Service



For lesbian, gay and bisexual people across South East London

Metro Mental Health Service

We provide a range of services to lesbian, gay and bisexual people and those questioning their sexuality who are experiencing mental distress:

• **Counselling**

There are times in most of our lives when we experience distressing events and feelings, which seem to have no end or solution in sight. The Metro Counselling Service offers both short-term (8 sessions) and long-term (up to one year) counselling, giving you an opportunity to explore issues including relationship difficulties, coming to terms with sexuality, bereavement or illness and to discover and clarify ways of living more resourcefully and with greater satisfaction.

• **Advice & Advocacy**

Sometimes it can feel difficult to say what you want, secure your rights and obtain the services you need. The Metro Advice & Advocacy Service provides advice and information on benefits, debt and housing matters. We can help you feel more confident in dealing with social services and other agencies; support you in making decisions and putting them into practice; assist you in applying for benefits and services that suit you; and represent your needs and wishes with social services and other agencies via telephone, in writing and/or at meetings.

• **Weekly mixed drop-in**

The Metro Drop-In offers a space to socialise in a comfortable, non-judgmental, relaxed atmosphere, every Thursday between 1 and 4pm.

The Drop-In programme is diverse, with activities including talks and workshops, together with social-based activities such as quizzes and external trips to museums, restaurants and bowling alleys.

There is no obligation to stay for the entire session and you can come along for however long you want.

• **1-2-1 crisis support**

If you feel like you need a confidential chat, staff are available at the Metro Drop-In for a short 20 minute 1-2-1 session.

Where longer 1-2-1 sessions are needed, appointments can be made outside of Drop-In times.

• **Alternative therapies**

An alternative therapist provides four 40 minute slots of Aromatherapy Massage, Reflexology or Reiki Healing on the 1st Thursday of each month from 12.45pm-3.45pm.

The service is primarily aimed at those attending the Metro Drop-In and booking is recommended to avoid disappointment.

• **Workshops & Groups**

The Metro periodically runs workshops and groups covering a range of issues such as 'Sexuality', 'Intimacy', 'Loss', 'Isolation', 'Stress & Anxiety' and 'Self Esteem'.