



WHAT MAKES CAPSA DIFFERENT?

CAPSA was designed by, with and for Black people, with community at the heart of our programme. Our service is for people of African and/or Caribbean heritage. We have created a collaborative space where professional expertise and lived experience are valued equally. We want everyone involved to feel empowered and able to bring their whole self to discussion. This is vital if we are to bring about changes in the system and improve Black communities' experiences of accessing support for their mental wellbeing.



CONTACT US



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" We are the ones that
we have been waiting for "
- June Jordan



WHAT WE DO?

We support Black members of the Lambeth community with a range of mental health, social care and access needs through peer support & advocacy with a commitment to anti-racism.

- ✓ Facilitating relationship-building
- ✓ Offering listening & emotional support
- ✓ Raising hope and motivation
- ✓ Understanding that people will require more than one type of support



WHAT WE OFFER

Support from people who can relate to the stressors and barriers commonly faced by Black people, through the following methods:

- ✓ 1 to 1 Support/Advocacy
- ✓ Group Support Sessions
- ✓ Signposting

Peer Support

Our Peer Support Workers all have some measure of lived experience. This means that they have a deep understanding of what Black communities might need to support their mental wellbeing. Helping people through the process of identifying and achieving their recovery goals or motivations that matter to them.

Advocacy

Supporting and empowering people with the tools and language they need to self-advocate around the healthcare, social, welfare/practical or emotional matters that are negatively impacting their wellbeing.

Group Support

We create a community and sense of belonging, by providing safe spaces for people to gather and share their personal experiences. We hope to begin a process of healing, ensuring that individuals are heard and seen. We validate each other and our experiences.