

Mental Health Support

Wiltshire IAPT (Improve Access to Psychological Therapies) Service

What the service provides

IAPT offer a wide range of support through GP surgeries to anyone with common emotional and mental health difficulties, primarily those associated with anxiety and depression. The Wiltshire IAPT services range from self-help therapies, to psycho-educational courses and one-to-one support. The service is based on a Stepped-Care LIFT model. This means that they offer our services in a tiered approach where they recommend trying the most commonly helpful support first.

*This is a self-referral service, so you **do not need** a GP referral to access support.*

Wiltshire IAPT Service
Lodge 3 – Green Lane Hospital
Devizes
SN10 5DS

01380 731335 – Please note that the Phone line is open Monday to Friday between 09:00 – 17:00 (Outside of these hours or during busy periods you will be able to leave a message)

Email: awp.wilts-iapt@nhs.net

CAMHS

CAMHS stands for Child and Adolescent Mental Health Service.

CAMHS help children and young people up to 18 who are finding it hard to cope with everyday life because of difficult feelings, behaviour or relationships.

Most of the time when we are sad, angry, stressed or worried these feelings pass within a few days, but if they go on for a while and stop us enjoying and coping with life, then CAMHS can help.

Just as we go to the doctors when we are physically ill, sometimes we need extra help with our mental health.

How does CAMHS Help?

They provide flexible support to suit your needs.

- Initially they will find out more about the difficulties you are having.
- They will discuss the sort of treatment and support that is likely to help and agree a plan with you.
- Sometimes a few sessions will be enough to get you back on track. Sometimes you may need to meet with them for longer.
- Most importantly you will be fully involved and the plan agreed together will be reviewed regularly to make sure it is still helping.

If you or your child are not open to CAMHS and have a concern about a child or young person's mental health, please call the Wiltshire CAMHS Single Point of Access on **01865 903 330** between 9.00am and 5.00pm weekdays.

Home Start Kennet

Home-Start is a voluntary organisation committed to promoting the welfare of families with at least one child under five years of age.

Home Start support families with at least one child under five who are experiencing tough times. Friendly volunteers visit families weekly to help them cope with the challenges they are facing. These include:

- Feelings of isolation or loneliness
- Depression, anxiety, poor mental health
- Poor physical health and/or disability
- Financial struggles
- Bereavement
- Family breakdown
- Twins, triplets, or more!

Often, families find themselves facing situations which just feel overwhelming.

Trained volunteers are carefully matched to families – offering time, empathy, and a listening ear to parents when they need it most. They also offer group support.

Contact them: 01672 569457 / hskadmin@homestartkennet.co.uk

Avon and Wiltshire Mental Health Trust - 24 hour support

During the COVID-19 (Coronavirus) outbreak we want to provide support to people as we know this can be a particularly anxious and difficult time.

Our Mental Health 24/7 Response Line is a dedicated telephone line for anyone who may be worried about their own or someone else's mental health. You can access support from our teams around the clock.

The telephone line offers out-of-hours care for people and children in crisis 24 hours a day, seven days a week, 365 days a year.

If you or your loved one feels unsafe, at risk or unable to cope without professional advice, our dedicated staff will ensure that you are directed to the team best able to meet your needs.

The number to call is **0800 953 1919**

The Mental Health 24/7 Response Line works closely with the Patient Advice and Liaison Service (PALS) to provide support and signpost to other services for anyone in the general population seeking mental health support.

Link to Mind website providing advice and tips for coping with the pandemic

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Helplines and Websites offering Mental Health and Wellbeing Support

Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: www.anxietyuk.org.uk

CALM

CALM is the Campaign Against Living Miserably. A charity providing a mental health helpline and webchat.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0300 772 9844 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.nopanic.org.uk

Email: sarah@nopanic.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

PAPYRUS

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)

Website: www.papyrus-uk.org

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

Textcare: comfort and care via text message, sent when the person needs it most:
www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

Young Minds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

Cruse Bereavement Care

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: www.cruse.org.uk

Parenting Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: www.familylives.org.uk

Relationships

Relate

The UK's largest provider of relationship support.

Website: www.relate.org.uk