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|  | |  |  | **2 Chapel Street**  **Thirsk**  **YO7 1LU**  **01845 523157** Lambert Medical Centre Mental Health Support in Hambleton | |
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| **Support available to you**  The GP should be the first point of call for mental health problems. They will be able to explain the treatments available. They will either treat you or refer you to your community mental health team. Please see attached local and national information that may be useful for anyone experiencing issues of mental ill health.  There is somebody who can help.  Did you know?...  **Five steps to mental wellbeing**  Below are five things that, according to research, can really help to boost our mental wellbeing:  Connect – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.  Be active – you don’t have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.  Keep learning – Learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument or figure out how to fix your bike?  Give to others – even the smallest act can count, whether it’s a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre can improve your mental well-being and help you build new social networks.  Be mindful – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness “mindfulness”. It can positively change the way you feel about life and how you approach challenges.  Se  **Page 18**  **Page 3** |  |
| **Mixed anxiety & depression is the most common mental disorder in Britain, with 7.8% of people meeting criteria for diagnosis**  **1 in 4 people will experience a mental health problem in their lifetime** | **50% of mental health problems are established by age 14 and 75% by age 24** |

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| **Self-Referral & Counselling**  **Accessing Psychological Therapies (IAPT)**  Provide talking therapies for people experiencing the following difficulties:  Depression  Panic disorder  Anxiety and worry  Health Anxiety  Social phobia  Specific phobias  Post-traumatic stress disorder (PTSD)  Obsessive-compulsive disorder (OCD)  Treatments include:  SilverCloud  Psycho-education courses  Telephone guided self-help  Face-to-face guided self-help  Cognitive behavioural therapy (CBT)  Interpersonal psychotherapy (IPT)  Eye movement desensitisation and reprocessing (EMDR)  Se  **Page 4**  **Page 17**  ATTENTION  GRABBER |  | | Image result for computer clip art free  **Online**  **Moodzone**  Moodzone offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.  Web address:  <https://www.nhs.uk/conditions/stress-anxiety-depression/>  **turn2me**  Turn2me hosts online support groups on anxiety, suicidal thoughts and feelings, depression, stress management and general health issues. You can book a support group today!  Web address:  https://turn2me.org/  Se | |
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| **Calm**  Calm was branded as Apple’s “App of the year” in 2017. The app is designed to reduce anxiety, improve sleep and help you feel happier. Calm focuses on the four key areas of meditation, breathing, sleep and relaxation with the aim of bringing joy, clarity and peace to your daily life.  The app delivers meditations that can help you to destress as well as breathing programs, music and sounds from nature to relax your mind, body and promote better sleep.  Free on both iOS and Android devices.  **Pacifica**  Pacifica is an app with anxiety and stress in mind. It provides a toolbox to deal with daily anxiety and stress along with a highly supportive community of like-minded individuals. Pacifica helps you to break cycles of unhelpful thoughts, feelings and behaviours through methods such as CBT, mindfulness meditation, mood tracking and relaxation.  The app houses audio lessons and activities that help you to cope with stress and depression, and it sets daily challenges to help you tackle anxiety one day at a time and reach your long-term goals.  Free on both iOS and Android devices.  **Happify**  Happify is a space to overcome negative thoughts and stress and build resilience. Whether you are feeling stressed, anxious or sad, Happify helps you to regain control of your thoughts and feelings.  In fact, 86% of the app’s users report feeling better about their lives after 2 months of using it.  Happify employs techniques and evidence based interventions in the areas of CBT, positive psychology and mindfulness to help you break old and unhelpful patterns and form new, healthful habits.  The app offers activities and games to improve your life satisfaction and ability to fight negativity. Your emotional well-being is calculated as a happiness score that you can improve upon each week.  Free on both iOS and Android devices.  **Page 16**  **Page 5**  ATTENTION  GRABBER | **The Clock**  Our belief that communities thrive when they are encouraged to be resilient and support themselves underpins everything that we do. Our work helps our vulnerable users have fun, break isolation and make lasting friendships, access the practical help they need, take up 1-1 support to address barriers that stop them from achieving their potential and gain the education and skills that lets them move on in life. We support individuals in the widest sense. About 75% of our adult users first approach us in crisis, (e.g. homelessness, domestic violence, lack of food) and remain active users until they have resolved their issues and beyond. Many move on to become volunteers. We’re integral to Thirsk’s community and proud we make a difference in people’s lives every day.  Our work falls into four main areas:   * **Learning** – (taster, accredited and non-accredited learning, hosting a CAB, free daytime café, trips, evening football, computer and internet access * **‘TLC’** activities (food bank, outreach, sharing hot meals with people who eat alone, laundry services, access to second-hand furniture, fuel tokens for the self-disconnected) * **Social Activities** – daytime café, trips, evening football) * **Support­** – mentoring, user-led action plans, counselling | |
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| **Self-refer by Tel: 01609 768890 or online:** [**www.northyorkshireiapt.co.uk**](http://www.northyorkshireiapt.co.uk) | | Visit: [www.thirskclock.com](http://www.thirskclock.com) or call: 01845 524 494 | |  |
| **Big White Wall**  Big White Wall is a community application where people suffering from various mental illnesses can come together and talk about their problems with support from trained therapists. The app features discussion boards, reference articles and self-assessment tests. Users can also register for online therapy programs. Big White Wall also lets users create a “brick” which is a collage of pictures and images meant to encourage users to express themselves. The program focuses on anonymity as a way for members to feel fewer stigmas about sharing their problems.  Big White Wall is available free for certain people in the United Kingdom. For those who don’t qualify, Big White Wall costs £25 per month.  **SAM: Self Help for Anxiety Management**  SAM is an app designed to help people manage their anxiety. Users can record their anxiety levels and identify different triggers. The app includes 25 self-help options to help users cope with the physical and mental symptoms of anxiety. Users can create a personalized anxiety toolkit, adding in features of the app that they find most useful for easy access. The app also has a social cloud feature that allows users to anonymously share their experiences with other SAM users. SAM is available for free on both iOS and Android devices.  **Holy Rood House**  Hospitality lies at the heart of all we are and do.  We are here for you, and for many at a time of need.  As well as professional, therapeutic support, or programmed events, our door is open for rest and relaxation, care for carers, spiritual retreat and accompaniment, training, study and sabbaticals or for a holiday. You are welcome to phone us and discuss your requirements.  Holy Rood House is a charity with a gentle Christian ethos, providing safer space for those of us who are finding life unsafe. Since 1993 we have been pleased to welcome all kinds of people, of all ages, for all kinds of reasons from across Britain. We have found that once people know the right place for them – they are prepared to travel.  **Page 6**  **Page 15**  ATTENTION  GRABBER | |  |
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**Visit:** [**http://www.holyroodhouse.org.uk**](http://www.holyroodhouse.org.uk) **or tel: 01845 522580**

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| **APPS**  **Breathe2Relax**  Breathe2Relax is an app developed for stress management. It walks users through breathing exercises that help reduce stress, stabilize mood, control anger and manage anxiety. The app’s developers note that it can be used on its own to help reduce stress or in combination with other therapies.  Breathe2Relax is available for free on both iOS and Android devices.  **PTSD Coach**  PTSD Coach is an app developed by the Department of Veterans Affairs’ National Centre for PTSD, intended for use by veterans, military personnel and civilians experiencing symptoms of post-traumatic stress disorder. It provides a self-assessment tool that allows users to track symptoms over time (though it does not clinically diagnose PTSD) as well as tools for managing symptoms. Users can also store contacts for personal support, locate nearby treatment programs and contact the National Suicide Prevention Hotline quickly in emergencies.  PTSD Coach is available for free on both iOS and Android devices.  **SuperBetter**  SuperBetter is a game focusing on increasing resilience and the ability to remain strong, optimistic and motivated when presented with challenging obstacles in life.  A study by the University of Pennsylvania in Philadelphia found that when people played SuperBetter for 30 days there mood improved, symptoms of anxiety and depression decreased and self-belief to achieve goals increased.  Free on both iOS and Android devices.  **Young people**  **Compass REACH**  Young people aged from 9 to 19 (and up to 25 for those with special educational needs or disabilities) issues relating to emotional wellbeing and mental health, can access free help, advice and practical support at Compass REACH.  Text a wellbeing worker on: 07520 631168  **Bullying Uk**  Listening, supportive, non-judgemental  Information online: www.bullying.co.uk  Helpline: 0808 800 2222  **BBC Bitesize**  Support and advice regarding exams/education/careers/job interviews  Learn and revise guides for ages 3 to 16+  [www.bbc.com/bitesize](http://www.bbc.com/bitesize)  **Healthy child team**  The Healthy Child Team promotes and protects the health and wellbeing of all children and young people aged 5 to 19. We work with children, young people and families to empower and enable them to make informed decisions about health, and to support them in transitioning safely and happily into adult life.  <https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-north-yorkshire/5-19-ny/>  Tel: 01609 780780  **Page 14**  **Page 7**  ATTENTION  GRABBER | | | |  | | |  | | **Cruse**  Cruse Bereavement Care is a national charity offering help and support to anyone who has been bereaved or has been affected by a bereavement.  Services we offer –   * one to one support for adults and children * telephone advice and support * e-mail support * training and awareness raising for bereavement issues * The Cruse [National Helpline](http://www.cruse.org.uk/telephone-support) can offer a listening ear and emotional support to anyone who has lost someone they love, or have been affected by a bereavement. All calls are answered by trained Cruse volunteers who are there to help you talk things through.  They can also help you to find your local Cruse branch, or signpost you to other services and useful sources of information. | | | |
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| **Young people**  **Compass REACH**  Young people aged from 9 to 19 (and up to 25 for those with special educational needs or disabilities) issues relating to emotional wellbeing and mental health, can access free help, advice and practical support at Compass REACH.  Text a wellbeing worker on: 07520 631168  **Bullying Uk**  Listening, supportive, non-judgemental  Information online: www.bullying.co.uk  Helpline: 0808 800 2222  **BBC Bitesize**  Support and advice regarding exams/education/careers/job interviews  Learn and revise guides for ages 3 to 16+  [www.bbc.com/bitesize](http://www.bbc.com/bitesize)  **Healthy child team**  The Healthy Child Team promotes and protects the health and wellbeing of all children and young people aged 5 to 19. We work with children, young people and families to empower and enable them to make informed decisions about health, and to support them in transitioning safely and happily into adult life.  <https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-north-yorkshire/5-19-ny/>  Tel: 01609 780780  **Page 8**  **Page 13**  ATTENTION  GRABBER | |  | |  | | |  | | **Vulnerable veterans and adult dependants service**  Innovate Building  Chartermark Way  Colburn Business Park  Catterick Garrison  Tel: 01748 831964  **Phoenix House – Catterick** **What can Help for Heroes do to help me?** If you are struggling with your mental health, our Psychological Wellbeing team is here to listen and help. Some of the free and confidential services we offer include:   * Hidden Wounds Psychological Wellbeing service for Veterans and family members, nationally accessible by phone, Skype or face to face * Members of our Psychological Wellbeing Team on site at all of our [Recovery Centres](https://www.helpforheroes.org.uk/get-support/how-to-access-our-services/). * [Psycho-educational courses](https://www.helpforheroes.org.uk/get-support/recovery-programme/) for Veterans and families. * Mental health support on Help for Heroes activities and events   <https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/improving-your-mental-health/>  **The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when it is open until 8pm.**  **The freephone number is** **0808 808 1677.**  **Cruse York Tel: 01904 481162** | |  | |
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| **Veterans**  **Finchale Group**  The Family Force programme has been created to provide veterans and their families with activities and opportunities to spend time together and in the process learn new skills and have fun.  · Better access to/knowledge of welfare support services.  · Improved physical and mental health.  · More positive attitudes and improved knowledge/skills.  This is not a programme of workshops and classroom work - we are looking to deliver it through  a range of activities such as:  · Cooking/healthy eating  · Outdoor walks  · Gardening  · Stress-busting meditation, mindfulness and personal coaching  · Sport and fitness  · Photography  · Family activities/away weekends  · Employability development (Beauty Academy courses at Level 2-3 and vocational training)  · Community help and volunteering opportunities  This is open to all veterans and their family members. We have limited places on the 2 x 6 month programmes, which will meet once a fortnight and occasional weekends for family time away. This is all FREE. If you are interested please get in touch  Contact Finchale Group on:  **T: 0191 386 2634**  **E: enquiries@finchalegroup.co.uk**  **www.finchalegroup.co.uk**  **Page 12**  **Page 9**  ATTENTION  GRABBER | | |  | **Compass BUZZ**  Compass BUZZ is an exciting, new, innovative and free project that aims to improve the mental health and wellbeing of children and young people aged 5-18 (25 with SEND) in schools across North Yorkshire.  www.compassbuzz.org    **The Clock**  Our belief that communities thrive when they are encouraged to be resilient and support themselves underpins everything that we do. See page 5 for more information. Visit: [www.thirskclock.com](http://www.thirskclock.com) or call: 01845 524 494 | | | | | | |  | | |  | |  |
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| **Page 10**  **Page 11**  ATTENTION  GRABBER  **Carers**  If you have a friend/family member or neighbour who supports you, ensure that they are aware of the Carers Support Service and their right to a Statutory Carers Assessment. A carer’s assessment is an opportunity to discuss with the local council what support or services you need. The assessment will look at how caring affects your life, including for example, physical, mental and emotional needs and whether you are able or willing to carry on caring. A well supported carer can more effectively support the person they care for.  Hambleton and Richmond Carers Service Tel: 01609 780872  **Thirsk Community care**  www.thirskcommunitycare.org.uk  Thirsk Community Care is a local registered charity operating in the Hambleton and Richmondshire Districts of North Yorkshire. Our mission is to support and enrich the lives of those in need by working in partnership with volunteers within the local community  Phone: 0184 552 3115 Email: [info@thirskcommunitycare.org.uk](mailto:info@thirskcommunitycare.org.uk) | | |  | |  | | **Employment support**  Workplace mental health support service provides support to those experiencing depression, anxiety, stress and other mental health issues, to stay in or return to work. We can help you to:  Create a personalised support plan to meet your needs  Identify suitable coping strategies  Look at ideas for adjustments in the workplace or working practices  Help your employer to fully understand your condition and how they can support you – that’s if you’d like us to.  You can apply for this service if:  You’re in employment (attending work or signed off sick)  Have a mental health condition (diagnosed or undiagnosed) that has made you miss work, or is making it hard for you to stay in work  Applications are subject to a decision by Access to Work.  Tel: 0300 456 8114 | | | | |  |  | |
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