



Laurel House Surgery



LAUREL HOUSE SURGERY

MENTAL HEALTH CONTACTS & SERVICES INFORMATION LEAFLET

Five steps to mental wellbeing

According to research, these can help 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

The smallest act can count, even a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing 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 improve the way you feel about life and how you approach challenges.

To find out more, visit

www.nhs.uk/wellbeing

Adult Mental Health Services

Provided by Midlands Partnership NHS Foundation Trust, multi-disciplinary teams provide both community and inpatient care. Many of these services are provided in collaboration with partner agencies, both statutory and non-statutory.

Telephone: [0300 555 5001](tel:03005555001)

Website: www.staffordshireconnects.info

Email: access.staffordshire@mpft.nhs.uk

Staffordshire and Stoke-on-Trent Wellbeing Service

You can self-refer straight to the Staffordshire and Stoke on Trent Wellbeing service (IAPT), for any of the following issues without having to make an appointment with your GP first:

Mental health, OCD, depression, worry, panic attacks, agoraphobia, social phobia, PTSD, health anxieties, COVID19 emotional advice

Telephone: [0300 303 0923](tel:03003030923) – this is a dedicated self-referral line for IAPT in Staffordshire and Stoke on Trent.
Link for self-referral - <https://staffsandstokewellbeing.nhs.uk/pages/self-refer>

Email: srpeast@mpft.nhs.uk – include your contact number. They will make 3 attempts to call you to discuss your referral.

ADHD and you

ADHD isn't just a childhood condition – it affects young people and adults as well.

ADHD can affect all aspects of life, including home, school or workplace and relationships; that's why getting the condition diagnosed and treated is so important.

Website: www.adhdandyou.co.uk

Samaritans

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. Call Samaritans free, 24 hours a day 365 days a year.

Telephone: [116 123](tel:116123)

Website: www.samaritans.org

Email: jo@samaritans.org

Mind

Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

Telephone: [0300 123 3393](tel:03001233393)

Website: www.mind.org.uk

Shelter

Information, advice and community service for people affected by severe mental illness and their carers.

Telephone: [0808 800 4444](tel:0808800444)

Website: www.shelter.org.uk

PANDAS

Provides support for any individual suffering from or helping look after anyone with a perinatal mental illness.

Telephone: [0808 196 1776](tel:08081961776)

Website: www.pandasfoundation.org.uk

Changes Tamworth

Changes Tamworth offers a tried, tested and trusted person-centred approach to recovery and wellbeing. The free-to-access service is delivered through a mixture of peer-support, themed workshops, individual support and activities to encourage social inclusion.

Telephone: [01827 311006](tel:01827311006)

Website: www.changestamworth.com

Email: info@changestamworth.co.uk

CAMHS (Child and Adolescent Mental Health Services)

The Child and Adolescent Mental Health Services (CAMHS) provide services to children and young people living in South Staffordshire. This includes area such as Stafford, Stone, Rugeley, Cannock, Seisdon Peninsula, Lichfield, Burton, Uttoxeter, Tamworth.

All of our CAMHS teams are involved in activities that promote child and adolescent mental health such as: developing links with local high schools, workshops for mental health services and schools to share ideas about better ways to support young people.

Telephone: [01785 221665](tel:01785221665) (Main Stafford Number)

Website: www.camhs.mpft.nhs.uk/staffordshire

Kooth

Free anonymous online chat for young people to discuss your mental health issues.

Website: www.kooth.com

Rethink

Rethink provide expert, accredited advice and information to everyone affected by mental health problems.

Telephone: [0300 5000 927](tel:03005000927)

Website: www.rethink.org

Email: info@rethink.org