

Developed and Produced by Wellbeing Service June 2022

 **MENTAL HEALTH DIRECTORY**



La **Mental Health Services**

**Let’s Talk Anxiety and Depression Service (Hull)**

Let’s Talk is a service that provides psychological assessment and treatment for mild to moderate common mental health

Primary Care Counselling can be helpful in treating:

* bereavement and loss
* relationship breakdown
* redundancy or work-related stress
* sexual identity concerns
* motivation problems
* depression or sadness
* better understanding of yourself
* confidence and self-esteem
* traumatic childhood issues (abuse)

**Cognitive Behavioural Therapy (CBT)**: this includes Eye Movement Desensitisation Reprocessing (EMDR) and Interpersonal Therapy.

CBT can be helpful in treating:

* depression
* obsessive compulsive disorder (OCD)
* panic disorder
* post-traumatic stress disorder (PTSD)
* phobias
* body dysmorphic disorder
* health anxiety
* generalised anxiety disorder
* social anxiety

Website: <https://www.letstalkhull.co.uk/>

You can also call **01482** **247111** or text TALK to **61825.**

**GP referral:** You can speak to your GP who can make a referral into the service.

**The Emotional Wellbeing Service (East Riding)**

The Emotional Wellbeing Service offers therapy for people aged 16 and over that are experiencing common mental health problems.

**Self-refer by calling**: 01482 335451. We will take the necessary details, for example your address and date of birth and we will support you in making an appointment to speak to a member of the team.

Our team is available from 8am – 6pm, Monday to Friday.

**Online**: You can go online to refer into the service by visiting <https://iaptportal.co.uk/erew.html>

**GP referral:** Please use the referral form that can be [downloaded here](https://humberews.co.uk/wp-content/uploads/2020/11/EWS-Referral-Form-2.docx). Please return the completed form to hnf-tr.abservice@nhs.net.

**PSYPHER (Psychosis service for People in Hull and East Riding) is an early intervention in Psychosis Service.**

The teamwork with people aged between 14 and 65, who are experiencing their first episode of psychosis or might be at risk of developing psychosis.

This guide from Re-Think provides more information about what to expect from an Early Intervention Service: [www.rethink.org/diagnosis-treatment/treatment-and-support/early-intervention-teams](http://www.rethink.org/diagnosis-treatment/treatment-and-support/early-intervention-teams)

Psychosis is a mental health problem that causes people to perceive or interpret things differently from those around them. PSYPHER aims to work with people and families who are distressed by experiences of Psychosis.

**How to access this service**

Getting help early is really important, so we aim to meet with you within 14 days of being referred to our service. You can access our service by visiting your GP or by calling us directly on the number below.

**Tel: 01482 336786**

**The A&E Mental Health Liaison Team**

The A&E Mental Health Liaison Team is a dedicated team who offer a service to patients presenting at Hull Royal Infirmary or Castle Hill Hospital with self- harm behaviour, acute mental illness or emotional distress. We also offer support and advice to minor injuries units in the area. We are an ageless service, which means we will offer an assessment to anyone meeting our referral criteria, regardless of their age.

**Tel:** **01482 226226**

**Child and Adolescent Mental Health Service (CAMHS)**

For young people (under 18) who are experiencing emotional distress and are struggling to cope.

Our Child Adolescent Mental Health Service (CAMHS) crisis team covers Hull and the East Riding and operates 24 hours a day, 7 days a week.

This service is for young people (under 18) who are in crisis experiencing emotional distress and are struggling to cope.

The CAMHS Crisis Team can be accessed through Hull and East Riding Contact Point

Telephone referrals from parents/families and young people aged 16-18 years are accepted. There is also an on-line referral form for professionals. If a young person is not currently registered with a GP you can telephone either Contact Point who will be able to advise you.

Both Contact Point teams can be contacted between 9am and 5pm weekdays excluding bank holidays.

**Hull - 01482 303688 East Riding - 01482 303810**

**Out of hours** **01482 301701** option 2.

**Mental health triage and assessment for military veterans**

The service has an open referral system and people can refer themselves

The team offers mental health assessment by a specialist veterans mental health practitioner who is sensitive to military culture and has good local knowledge. The service aims to provide a thorough assessment to refer veterans onto the most appropriate service to meet their needs. A maximum of six sessions will be provided where appropriate to assist those struggling with transition.

Hull and East Riding **- 01482 335479**

**Samaritans**

Whatever you're going through, you can call at any time, from any phone.

Free confidential 24/7 support line – **116123**

Or email jo@samaritans.org. 24hr response time

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**Mental Health Support Groups**

**Hull Rethink Carers Group**

The group will be meeting outside from May 21and June 21 and will be able to meet indoors on the second Thursday of every month from starting in July 21 at 2.00pm - 4.00pm.

For people caring for someone with mental illness.

To self-refer into the group please contact **07752095780**

<https://www.rethink.org/help-in-your-area/support-groups/hull-rethink-carers-group/>

**Hull Bipolar UK Support Group**

Group meetings are friendly, confidential, and informal. They are open to all individuals affected by bipolar, including those with a diagnosis, those pre-diagnosis, their family members, friends and carers.

The group meets on the 1st Thursday of every month from 7.00pm - 9.00pm

The Quaker Meeting House

Bean Street (off Anlaby Road),

Hull

HU3 2PR

Support Groups operate on a drop-in basis, some groups are operating on a first come first served basis in order to manage social distancing.

To book a peer support call, please see our chatbot diary on our website [www.bipolaruk.org](http://www.bipolaruk.org) or email info@bipolaruk.org

our eCommunity is also free and available 24/7

[bipolaruk.org/ecommunity](https://www.bipolaruk.org/ecommunity)

**Andy’s Man Club Hull**

AndysManClub is a group for men to go and talk. The single biggest killer of men under 45 in the UK is suicide. Andy’s Man Club aims to help change this by encouraging men to talk and making a forum for men in Hull to go and have a conversation with other men.

For more information email info@andysmanclub.co.uk

Website[**andysmanclub.co.uk/**](https://andysmanclub.co.uk/)

**Mind**

Mind are now able to run face to face groups. To self-refer please contact and speak to one of the team on **01482 240133**

[**Peer Support Group**](https://www.heymind.org.uk/how-we-can-help/group-support/peer-support-group/)

Support is based on sharing experiences and agreeing a reason for meeting.  Peer support can improve your emotional health, wellbeing, and sense of belonging

[**Ways 2 Wellbeing**](https://heymind.org.uk/how-we-can-help/group-support/ways2wellbeing/ways-2-wellbeing/)

At times we can all feel overwhelmed with our problems and feel alone. Sometimes it’s reassuring to hear that there are other people who are going through similar difficulties in life.

**Mind free 24/7 Advice and Information line 0800 1380 990**

**Recovery and Wellbeing College**

The Humber Recovery College has developed a new online learning platform. Through this platform you will be able to gain access to our online courses such as Tree of life, Coping strategies for Mental Health, coping with Stress, Mindfulness and much more.

A new free service to guide you on your journey to wellbeing.

Our courses and workshops are designed by people with lived experience and mental health professionals and inform and support people who are at different stages of their recovery journey

Anyone can attend our courses and workshops. They are open to people who have or have not experienced mental health challenges. If someone sees a course that they think will help them, they're more than welcome to access it.

**For further information:** <https://humberrecoverycollege.nhs.uk/>

Phone: **01482 389124** | Mobile: **07929 330735**

Email: Hnf-tr.recoverycollege@nhs.net

**Employment**

**Springboard** and Youth Hub are both projects for young people aged **16-29 who are NEET** – not in employment education or training. Aimed at getting young people supported into meaningful activity (employment, education, etc.) Other partners within Springboard are Goodwin Trust confidence building, Hull City Council – Keyworkers for support with practical barriers including homelessness, debt, applying for benefits etc.  Hull Training for all types of courses / apprenticeships.  For Springboard, young people cannot be in 16+ hours of education or work, they do not have to be on benefits, but must have a Hull postcode. CHCP.LetsTalkYEI@nhs.net

**Youth Hub** (it’s a DWP project) so young people need to be on benefits and have a job coach (and in that case they just request to access the youth hub).  Also within the Youth Hub are services that people can access, Renew, MEZMAC, Mind, Housing etc.

**Building Better Opportunities**

The aim of the project is to improve the lives of unemployed and economically inactive people **aged 25 or older** living in the area. By increasing participants employability skills, self-confidence, local knowledge, community engagement, and personal resilience. Cannot be in 16+ hours of education or work, they do not have to be on benefits, but must have a Hull postcode

For further information<https://www.hlc-vol.org/our-programmes/bbo/>

**Tel:****01482 327438**

**Online Support**

**Rethink**

The Rethink Mental Illness advice and information service offers practical help on a wide range of topics such as The Mental Health Act, community care, welfare benefits, and carers rights. We also offer general information on living with mental illness, medication, and care.

Freephone **0800 801 0525**

Website: https://www.rethink.org/

**SANE**

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

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

**CALM**

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

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

Website: [www.thecalmzone.net](http://www.thecalmzone.net/)

**Young Minds**

<https://youngminds.org.uk/find-help/conditions/psychosis/>

<https://youngminds.org.uk/find-help/conditions/schizophrenia/>

<https://youngminds.org.uk/find-help/conditions/bipolar-disorder/>

A beginner's guide to the NHS's Child and Adolescent Mental Health Services (CAMHS) for young people and parents.

<https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/>

**Community Services**

**Connect Well**

Connect Well Hull is a friendly, free, and confidential service for local people who live in Hull or are registered with a Hull GP. We are still open and very happy to receive referrals. Unfortunately, we can’t offer face to face appointments yet, but this will hopefully be available for the most vulnerable clients soon. All our Welfare Advice and Well-being Coordinator appointments are telephone calls currently. We still have our interpreting service available as well.

We offer advice, support, and choice.

Welfare Advisers can provide advice on a wide range of issues including:

• Benefits,

• Money worries,

• Housing problems,

• Family breakdown,

• Employment disputes

Wellbeing co-ordinators can assist you to access support and guidance including groups where you can try something new such as:

• Socialising

• Creative and cultural activities

• Support management of your physical or emotional health needs

Tel: **01482 217670**

Email us at enquiries@connectwellhull.org.uk

Website <https://connectwellhull.connecttosupport.org/>

**Citizens Advice Hull & East Riding**

Advisers can help with benefit checks, completing complex forms and negotiating with third parties such as:

The [Department for Work & Pensions](https://www.gov.uk/government/organisations/department-for-work-pensions) (DWP).

Creditors – that you owe money to.

Writing letters to Councils.

Employers.

Landlords.

Citizens Advice Hull & East Riding will either be able to provide it for you or direct you to a service that can. Other common areas covered by this comprehensive generalist advice service include:

* Pension Guidance Service
* Employment
* Housing
* Consumer Problems
* Support for Veterans
* Tax and Utilities issues
* General Legal matters
* Discrimination and Equality issues
* Health-related problems
* Family issues
* Immigration issues

Tel. **03444 111 444**

For Specialist **Debt Advice** call **01482 226 859**

Email us at e-advice@hull-eastridingcab.org.uk

Website <http://www.hullandeastridingcab.org.uk/>

**Carers Information and Support Service (CISS)**

If you are aged 18 years or over and support a loved one, family member or friend who could not otherwise manage without help and who lives within the Hull Local Authority city boundary or has a GP in Hull.

We offer a comprehensive Carer Assessment resulting in information on your entitlements and identifying community services available to you and person/s you care for.

**Please also be aware that:**

* Any of your family and friends can access their own support which is separate from yours.
* You do not need to be caring for a certain amount of hours to access our information and support.
* You do not need to be the “main carer” to access our information and support.

Tel. **01482 222220**

Email us at chcp.carersinfo@nhs.net

Website**:** <https://www.chcpcic.org.uk/chcp-services/carers>

Calvert

**Cloverleaf Advocacy**

Providing  [advocacy services](https://www.cloverleaf-advocacy.co.uk/node/161)to people with mental health needs, learning disabilities, older people, people with physical and sensory impairment, and carers. This includes people in hospitals, secure mental health units and residential homes.

Advocacy' is all about helping people to control their own lives.

We support people to make their own decisions, have their voices heard, their rights respected and to achieve their own goals. We support people to say what they want, even when other people may not agree with their decisions. We work with individuals to help people reach their goals and become healthier, happier, more active, involved, and independent.

Tel. **01482 880160**

Email us at enquiries@cloverleaf-advocacy.co.uk

**Hull Domestic Abuse Partnership (Hull DAP)**

You will be allocated a support worker who will talk with you in confidence and discuss what to do next. This could include discussing how we can take action to improve your safety and your children's safety, how we can take action against abusers, and find you emergency temporary accommodation if needed.

If you are a victim of domestic violence, contact us in confidence at the domestic abuse partnership (DAP) for help on **01482 318759**

If you are a male victim of domestic violence, contact our male support worker in confidence on **01482 613978**

Website: <http://www.hulldap.co.uk/>

**Renew**

**Drugs and Alcohol Service**

Contact for support during normal hours on 01482 620013

Or email: **earlyhelp.hull@cgl.org.uk**.

Website:<https://www.changegrowlive.org/hull-renew/recovery-hub>

**Spirituality and Pastoral Care**

Having a loved one come into hospital can be a stressful time, not only for the patient themselves but also for those who care for them. Sometimes it can be a great relief to have someone to talk to who is removed from the situation.

Anyone can make a referral to the team. We offer a 24 hour on call service across the Trust. The team visit everywhere in the hospital working alongside other healthcare professionals.

For non-urgent requests, please contact the team on 01482 675966 (Hull Royal) or 01482 623091 (Castle Hill). Please leave a message on the answer phone if no one is available to take your call.

For urgent requests the on-call chaplain can be contacted via the hospital switchboard on 01482 875875. Email us at Chaplaincy.team@hey.nhs.uk