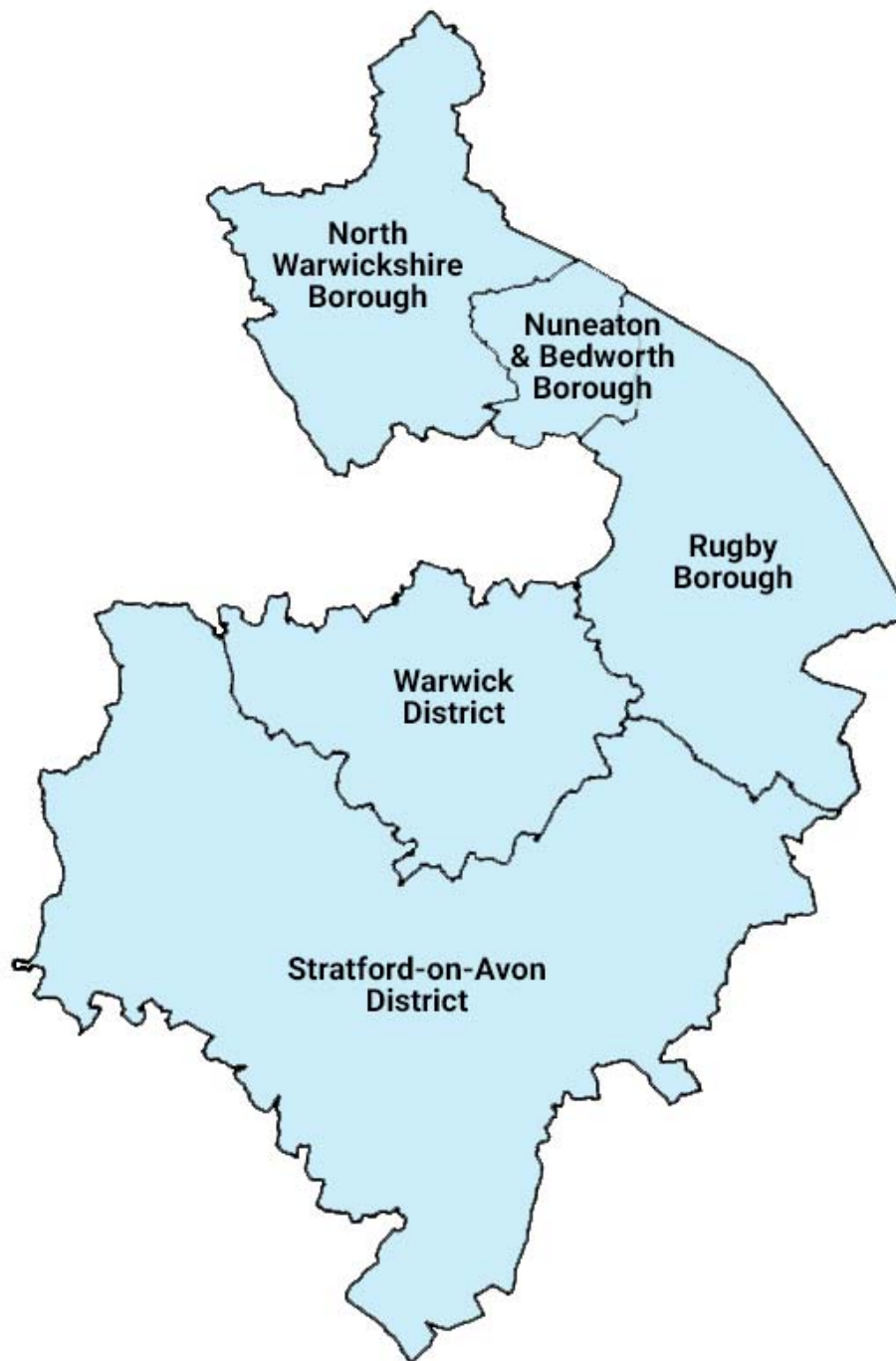


Mental Health Support in Warwickshire



This Directory has been compiled using information supplied by local organisations, groups and agencies that provide services which support people affected by mental health issues.

In order to create a comprehensive directory, we have endeavoured to invite contributions from all relevant groups. If you are part of an organisation which you think should be included in the Directory, please contact the Warwick District office on 01926 477512.

Every effort has been made to ensure the accuracy of the information provided. However, we cannot guarantee this and inevitably, over time, some information may become out of date. It is your responsibility to check the accuracy of the information before use. We are not responsible for the content of any external website and, again, you need to satisfy yourself that the information is correct.

Any information contained in this Directory does not in any way mean that Warwickshire Community and Voluntary Action recommends or endorses any of the services listed.

Neither Warwickshire Community and Voluntary Action, nor any of its employees, accept responsibility for any claim, loss or damage arising from the use of this Directory.

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WARWICKSHIRE COMMUNITY AND VOLUNTARY ACTION

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Quick Reference Guide to Some Useful Websites

National Mental Health Organisations/Campaigns

www.mentalhealth.org.uk

www.nhs.uk/LiveWell/Mentalhealth/Pages/Mentalhealthhome.aspx

www.time-to-change.org.uk

www.rethink.org/about-us/our-mental-health-advice

<https://www.mind.org.uk/>

Warwickshire Resources

https://i.warwickshire.gov.uk/public_health

www.warwickshire.gov.uk/directory

<http://www.warwickshire.gov.uk/5ways>

<http://warwickshire.gov.uk/mentalhealth>

<http://betterdays.orbit.org.uk/> (for Orbit Tenants only)

Helplines

www.sane.org.uk/what_we_do/support/helpline

<http://www.mind.org.uk/information-support/helplines/>

www.headstogether.org.uk/support/

http://www.supportline.org.uk/problems/mental_health.php

www.mhm.org.uk/coventry-warwickshire-helpline

<https://papyrus-uk.org/hopelineuk/>

<https://www.samaritans.org/how-we-can-help/support-and-information/>

Online Support

www.elefriends.org.uk

www.bigwhitewall.com

Children and Young People

<https://www.cwrise.com/>

www.childline.org.uk

www.youthaccess.org.uk

www.youthwellbeing.co.uk

<https://cwmind.org.uk/children-young-health/>

www.kooth.com - free online support for young people

<http://www.themix.org.uk/>

<https://www.mqmentalhealth.org/>

www.camheleon.org/moodleton

For Parents

<https://youngminds.org.uk/find-help/for-parents/parents-helpline>

<https://www.cwrise.com/for-parents>

Self-Harm

National Self Harm network - <https://www.selfinjurysupport.org.uk>

www.selfharm.co.uk

<https://youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/>

Eating Disorders

www.b-eat.co.uk

Counselling and Bereavement Services

www.childbereavement.org.uk - supports families when a baby or child dies or when a child is facing bereavement

www.cruse.org.uk - bereavement care

www.thelauracentre.org.uk - for when a child dies or is bereaved

www.winstonswish.org - supporting a bereaved child or young person

Counselling and Bereavement Services continued

<https://www.kaleidoscopeplus.org.uk/what-we-do/suicide-bereavement-support/>

Drugs and alcohol support services

www.actiononaddiction.org.uk - support for families affected by drugs and alcohol

www.adfam.org.uk - support for families affected by drug use

www.alcoholics-anonymous.org.uk

www.talktofrank.com/contact-frank - drugs advice and support

www.ukna.org -Narcotics anonymous support and advice to anyone affected by drug use

www.compass-uk.org Compass Warwickshire provides services for young people around drug misuse

<https://www.changegrowlive.org/content/change-grow-live-warwickshire>

Dementia

<https://dementia.warwickshire.gov.uk/> Provides information about support provision in Warwickshire

<http://www.covwarkpt.nhs.uk/service-detail/health-service/dementia-services-6>

Older People

www.thesilverline.org.uk

Others

First Person Plural, dissociative identity disorders association -

<http://www.firstpersonplural.org.uk/>

The Survivors Trust - The Survivors Trust (TST) is a UK-wide national umbrella agency for 135 specialist organisations for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland -

thesurvivorstrust.org

Achieving Results in Communities (ARC CIC)

Address	122 Brunswick Street, Leamington Spa, CV31 2EN		
Contact Name	Kath Pasteur		
Email address	kath@arccic.co.uk		
Telephone	07814 605245	Website	www.arccic.co.uk http://www.foundrywood.co.uk/

What mental health support services do you provide?

ARC transforms underutilised assets in Warwick District to create quality open spaces that contribute to people's mental and physical health and wellbeing. ARC currently has various projects in and around Leamington Spa where people can engage in outdoor activity in a green space to improve their physical or mental health or wellbeing.

Ecotherapy@FoundryWood promotes the Five Ways to Wellbeing (Be Active; Keep Learning; Connect; Give and Take Notice) in a woodland setting. Sessions are aimed at people struggling with mental health issues or social isolation and involve a mix of woodland maintenance, crafts, eating together, socialising and mindfulness. These are drop-in sessions. - Tuesdays from 10am till 3pm, Foundry Wood, Princes Drive, Leamington Spa, CV31 3PH. Free.

Tallis Wood Wellbeing takes the form of a 6 week course open to people with mild to moderate mental health conditions or in addiction recovery. It is a unique opportunity to engage in meaningful outdoor activities, learn about the natural world, and develop social connections. Participants identify and work towards personal goals. See website for session dates and referral form.

Packington Place Pocket Park: volunteers meet on the first Monday of the month from 2pm till 4pm for upkeep of the raised beds and surrounding green spaces. Free.

New Street Burial Ground: volunteers meet fortnightly on Thursdays from 2pm till 4pm for gardening and upkeep of this small park (CV31 1HP). Free.

More details of all these services can be found at www.arccic.co.uk. ARC are always looking for new projects to develop, enhance or manage green spaces for the benefit of local people. Please get in touch to discuss possibilities.

Where are your services based?

ARC's services are based at different locations within and around Leamington. Our principal site is Foundry Wood, which we have developed into a Community Woodland, is open to the public on a daily basis and provides a space for walking and observing nature. The Friends of Foundry Wood promote a range of volunteer sessions, craft workshops and public events. Details can be found at www.foundrywood.co.uk

Who are they for?

Our services are open to all members of the general public. In particular, we aim to support people struggling with their mental health, including depression, anxiety, addiction recovery, loneliness, etc.

Are there any costs? NO

Advance

Address	Just Nice Office, No. 5 Millers Road, Warwick CV34 5AE		
Contact Name	Georgina Mort Smyth		
Email address	georgina.smyth@advanceuk.org		
Telephone	07860 411351	Website	www.advanceuk.org

What mental health support services do you provide?

The breadth of the services that we offer is unique and growing. The main areas we cover are:

- Housing – Which suits the needs and wishes of the individual
- Support – Which is person-centred allowing the individual to live the life they choose
- Employment Support – Getting people into work with on-going support and advice

We're Advance... and we're here because we believe passionately in what we do and why we do it. Everything we've ever done is because someone, somewhere, wanted something different and better out of life and we were determined to support them to make it happen.

Where are your services based?

Warwickshire with office bases in Leamington Spa, Kenilworth, Warwick, Stratford, Rugby and Nuneaton.

Who are they for?

People of all ages with a disability and/or a mental health issue.

Are there any costs? YES

Additional information

We offer lots of choice to a wide range of individuals – from people with complex needs all the way to people managing personal budgets. At the same time, we're becoming more joined up and responsive to what our customers want. Whether they are looking for a place to live, support in their daily lives, assistance in finding a job, or a combination of all these things and more, they should be able to pick and choose what suits them.

We also work in partnership with other professionals.

Age UK Coventry & Warwickshire

Psychological Support Services

Address	8 Clemens Street, Leamington Spa, Warwickshire, CV31 2DL		
Contact Name	Rose McCabrey, Psychological Support Service Co-ordinator		
Email address	info@ageukcovwarks.org.uk		
Telephone	01926 458112	Website	https://www.ageuk.org.uk/coventryandwarwickshire/

What mental health support services do you provide?

Counselling – we provide emotional support, confidential, non-judgemental listening and helping clients to work through difficulties. Up to 6 sessions.

Carer Counselling - As above, but for carers of older people with physical or mental health problems. Up to 6 sessions.

Where are your services based?

Warwickshire - Countywide

Who are they for?

Counselling – this service is for clients over the age of 65, appointments are generally held in client's own home. Clients need to be willing and able to engage with counselling. Referrals accepted via telephone, email or letter. Can be either self-referrals or from a third party with the client's permission.

Carer Counselling – this service is as above with no age criteria. Generally, carers for someone over the age of 65. Can be either self-referrals or from a third party with the client's permission.

Are there any costs? NO (currently under review)

Alzheimer's Society

Address	10 Wise Street, Leamington Spa, CV31 3AP		
Contact Name	Sharon Donnelly		
Email address	Sharon.donnelly@alzheimers.org.uk		
Telephone	01926 888899	Website	http://alzheimers.org.uk/

What mental health support services do you provide?

Providing information and support services for people affected by dementia across Warwickshire through:

Dementia Navigator Service

Our specialist Dementia Navigators can support people across Warwickshire to live well with dementia, whether the person has dementia or they are caring for someone with dementia. Dementia Navigators can provide:

- Information and guidance including information about diagnosis, all aspects of living with dementia, legal rights and welfare benefits.
- Signposting or referring to national and local Alzheimer's Society services and external organisations.
- Support to help people cope with the day-to-day challenges of living with dementia.
- Emotional support to help people work through any difficult feelings about their circumstances.

People can refer themselves or be referred by their GP or other health or social care professionals.

Dementia Cafés

Provide a monthly opportunity for people living with dementia, their families and friends to meet other people in similar situations for information, support and social interaction in a friendly environment. Dementia Cafés are held monthly across Warwickshire. Please contact the office for more information.

Singing for the Brain

This is a service for people living with or affected by dementia and their carers. Singing is not only an enjoyable activity, it can also provide a way for people with dementia, along with their carers, families/friends to express themselves and socialise with others in a fun and supportive group. It also promotes a sense of well-being.

Sessions are held at **Brunswick Hub, Leamington Spa from 1pm – 2.30pm on the 1st and 3rd Mondays of the month** until December 2019 – later dates to be confirmed.

Where are your services based?

Across Warwickshire – for more information, please contact the office based in Leamington Spa.

Who are they for?

Providing information and support for people affected by dementia across Warwickshire. Raising awareness of dementia and the work of the Society to the general public, professionals and other organisations.

Are there any costs? NO

Big White Wall

Address	4 th Floor, 36 – 38 Whitefriars Street, London EC4Y 8BQ		
Contact Name	Jessica Smith		
Email address	Jessica.smith@bigwhitewall.com		
Telephone	0203 405 6196	Website	www.bigwhitewall.com

What mental health support services do you provide?

Big White Wall (BWW) is a digital mental health service, available online and 24/7. The service is completely anonymous so you can express yourself freely and openly. Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members.

You can share and discuss what's on your mind, gaining support and advice from the whole community or through one-to-one discussions. You can also interact creatively on 'The Wall' by making a 'Brick' to express yourself and your feelings by drawing or uploading your own images.

You will be able to join courses with others to learn how to manage everything from depression and anxiety to weight-management and stopping smoking, all under supervision from trained clinicians. You will also find a wealth of useful information to better understand how you are feeling, set goals and track your progress.

BWW is freely available to residents of Warwickshire. If you would like to find out further information or would like to register, please visit www.bigwhitewall.com.

Where are your services based?

Headquarters are based in London, however the service is available online: www.bigwhitewall.com

Who are they for?

Big White Wall is for anyone aged 16 or over who wants to improve their mental health

Are there any costs? NO

Additional information

How to access this free service for Warwickshire residents:

- Visit www.bigwhitewall.com
- Insert your Warwickshire postcode into the 'Location' box.
- Big White Wall is also freely available to members of the armed forces, veterans and their families. They should choose the UK Armed Forces option in the 'join now' area.

Bipolar UK

Address	11 Belgrave Road, London SW1V 1RB		
Contact Name	Support Groups		
Email address	supportgroups@bipolaruk.org		
Telephone	0333 323 3885	Website	www.bipolaruk.org

What mental health support services do you provide?

- Support Groups
- Online ECommunity Forum
- Employment Support Service
- Support Line – Peer Support Calls

For more information visit the website www.bipolaruk.org

Where are your services based?

Support groups are based in Rugby, Leamington, Coventry and Birmingham.

Who are they for?

Anyone over 18 affected by Bipolar including friends, family and carers. Over 16s can attend if they are accompanied by a guardian.

Are there any costs? NO

Additional information

Groups are free to attend and are open to all individuals affected by bipolar including those with a diagnosis, those pre-diagnosis, their family members, friends and carers, but are not intended for academics or professionals.

To find your local support group, please look on the website:

<https://www.bipolaruk.org/find-a-support-group>

NB. Any cancellations or changes to support groups will be advertised on the website.

Books on Prescription

Warwickshire Libraries

Address	Please see the website for individual Library details		
Contact Name	Deborah Hateley		
Email address	libraryenquiryteam@warwickshire.gov.uk		
Telephone	0300 555 8171	Website	www.warwickshire.gov.uk/booksonprescription

What mental health support services do you provide?

Provision of collections of self-help books for loan through Warwickshire Library and Information Service. Books on Prescription (BOP) can help you manage your health and wellbeing with self-help books, eBooks and CDs, covering mental health topics such as depression, anxiety and stress. All titles are recommended by health professionals.

- Books on Prescription for adults is available in all 18 council-run libraries.
- Reading Well Books on Prescription Dementia is a national collection developed by national reading charity The Reading Agency and is available in all 18 council-run libraries.
- Sorted! (Warwickshire collection) and Reading Well Shelf Help (national collection from The Reading Agency) are aimed at young people. Sorted! is in the main 8 libraries. Shelf Help is in all 18 council run-libraries.
- MiniSorted! books (Warwickshire Collection) help children to understand and talk about a range of common issues (such as feeling sad or worried, bullying, self-esteem). Intended for parents, carers and anyone working with young children to share. MiniSorted! is based in the main 8 libraries.

Books on Prescription, Sorted!, Reading Well Shelf Help and Reading Well Dementia can be prescribed by Health Professionals. You may recommend individual titles, a category of books, or simply signpost people towards the collections.

All collections are available for anyone to browse or borrow and can be requested for collection from any Warwickshire Library. There are also a number of titles across the collections that are available as eBooks and which can be downloaded immediately from the website. Please see the library catalogue and booklists for individual details.

Further information and details about the books can be found on the library website: www.warwickshire.gov.uk/booksonprescription

Where are your services based?

The collections are located in the above libraries, but books can be requested for collection at any Warwickshire Library, Community Managed Library or mobile stop.

Who are they for?

Books on Prescription collections are for anyone to access. Collections are aimed at adults, older people, young people and families with young children.

Many of the books in the collections may be prescribed by health professionals but anyone can browse and borrow with a Warwickshire Library card. Details about library membership can be found on the library website:

www.warwickshire.gov.uk/libraries All those who live and/or work in Warwickshire and the immediate surrounding counties are eligible to become a member.

Are there any costs? YES (please see additional information section for details)

Additional information

Access to the collections is free. There may be some costs in relation to overdue fines and requests costs. Please ask a member of staff for information.

It is free to join Warwickshire Libraries. Just take one form of ID with your name and address into your local Warwickshire Library. You can also join online at www.warwickshire.gov.uk/jointhelibrary

Brunswick Hub

Address	98-100 Shrubland Street, Leamington Spa, CV31 3BD		
Contact Name	Centre Manager		
Email address	frontdesk@bhlc.services		
Telephone	01926 422 123	Website	www.bhlc.services

What mental health support services do you provide?

A range of community services and activities based on health and wellbeing. We provide activities such as physical activities, volunteering and work experience opportunities to build confidence. We also have Triple Link, a Café that offers support, activities and friendship to carers and those living with dementia or memory loss. The Hub is dementia friendly and we have a staff member trained as a Dementia Friend Champion who can deliver group information sessions to promote understanding.

The offer of Brunswick Hub is about opportunities, access to information, signposting and advice to help reduce health inequalities. Services and activities are open to all. Working closely with specialist partner organisations delivering from Brunswick Hub to provide services offering direct support for people affected by mental ill health.

Where are your services based?

Brunswick Ward and outreach employment support in Lillington.

Who are they for?

Brunswick Hub services are open to the whole community

Are there any costs? NO

Additional information

Brunswick Hub works towards providing holistic services for clients including partnership working to enhance the services we offer to the local community. We can provide meeting space for one-to-one meetings or for group activities. These are often used as a base by mental health workers of other organisations to enable them to meet with clients. We are a registered Safe Place.

Change Grow Live

Address	16 Court Street, Leamington Spa CV31 2BB		
Contact Name	Jo Jones (Locality Manager – North Warwickshire) Chris Saunders (Locality Manager – South Warwickshire)		
Email address	Warwickshire.info@cgl.org.uk		
Telephone	01926 353513 01926 328658	Website	https://www.changegrowlive.org/warwickshire www.facebook.com/warwickshirecgl www.twitter.com/WarwickshireCGL

What mental health support services do you provide?

Change Grow Live Warwickshire is a free and confidential drug and alcohol service for adults (including offenders) families, carers and affected others in Warwickshire.

Change Grow Live Warwickshire is a recovery-focused service with a full range of treatments and interventions designed to support people to take control of their recovery journey and achieve their recovery goals. Our services include harm reduction, opiate replacement prescribing, residential and community detoxes, counselling, emotional support, supported access to mutual aid and low level mental health support. We also offer support for recovering service users to access training and volunteering opportunities as well as access to partner agencies for support with housing, benefits, education, training and employment.

Where are your services based?

Our services are based in three locations across Warwickshire:

16 Court St, Leamington Spa, Warwickshire CV31 2BB

112 Abbey Street, Nuneaton, Warwickshire CV11 5BX

35 – 37 Albert Street, Rugby CV21 2SG

We also have outreach access at a range of locations across Warwickshire including (not an exhaustive list) Stratford, Atherstone, Bidford, Shipston, Kenilworth and Warwick. We also have sister services available in Coventry and Birmingham.

Who are they for?

Adults (over 18s) experiencing difficulties with drugs or alcohol, including families, carers and affected others.

Are there any costs? NO

Channelling Energies

Address	297 Kenilworth Road, Balsall Common. CV7 7EL		
Contact Name	Cathy McCarney		
Email address	cathymccarney@channellingenergies.com		
Telephone	07970 947024	Website	www.channellingenergies.com

What mental health support services do you provide?

I am an independent Empowerment Coach, Cognitive Behavioural Therapist and Transformational Hypnotherapist providing access to 1:1 empowerment and psychotherapy programmes for young people and adults suffering from anxiety, depression and mental/emotional distress.

I write all my own programmes, based on my own skills and training and personal experience, and each programme is adapted to each individual's needs, using powerful mind management models and unique tools and techniques for empowerment and transformation. All my programmes ultimately focus on empowerment coaching alongside cognitive behavioural therapy, and transformational hypnotherapy/visualisation, which incorporates powerful structures, which work directly from the core, to generate the cure.

Empowerment coaching enables people to access amazing ways in which to develop and strengthen their mental and emotional happiness. Helping them to shift their mindset more quickly, so they can respond to change in positive ways and create new possibilities and opportunities, which transform their beliefs and behaviours and nurture their personal growth.

Each of the 6 week programmes are well structured and interactive, while motivating, inspiring and encouraging without barriers. In between sessions, I provide free mentoring, for those who encounter emotional setbacks and need that extra bit of support as they progress on their journey

FREE CONSULTATION

I offer a free 40 minute Consultation at my practice. Which is a valuable part of the service, enabling each individual to talk confidentially about the difficulties they have been experiencing, and to discover how this service can help them to move forward with confidence. From there, if they are happy to proceed, then the first appointment can be booked.

For younger children, it is often advisable that the parent accompanies them during the consultation.

SUPPORT FOR CHILDREN WITH SCHOOL PHOBIA, SEPARATION ANXIETY AND EXAM ANXIETY

I also offer support for those children who have School Phobia and Separation Anxiety. I teach them the tools and techniques they need to manage the anxieties or panic they suffer, and help them get back into school again with achievable

steps and goals. Alongside this I provide support to the parents and families, and valuable mentoring.

I also provide empowerment coaching for young people who suffer from Exam Anxiety, enabling them to sail through their exam experience successfully so they can achieve the results they want.

Where are your services based?

My practice is in Balsall Common, but I have added a portal to my website that will very soon provide access to these services online through registration

Who are they for?

Children (from 8 years old all the way through to University), and Adults, who suffer from Anxiety, Depression and Mental/Emotional Distress and need professional help and support.

Are there any costs? YES, these will be discussed through the free consultation.

Additional information

NEW PROGRAMME IN DEVELOPMENT

The Mental Happiness for Men Programme – The Breakthrough,

This programme is specifically designed for men who have been suffering from anxiety, depression, or mental/emotional distress (suicidal thoughts)

This is their extraordinary opportunity for building self-love, self-encouragement, self-care, self-understanding, self-growth and evolution. With powerful methods and techniques to enable them to understand, work through and release any barriers. This then ultimately leads them to the transformational breakthrough that dislodges them from any toxic crisis state, and encourages and inspires them to rebuild their life through empowerment, success, adventure and fun, so they can be proud to say, "It's Okay to Be Me".

APPRENTICES

I am looking to provide opportunities to train young apprentices to facilitate my programmes and workshops in educational organisations.

Citizens Advice North Warwickshire

Address	The Parish Rooms, Welcome Street, Atherstone CV9 1DU
Email Address	advice@nwcab.org.uk
Telephone	0300 330 1193
Website	www.nwcab.org.uk

What mental health support services do you provide?

We support people with advice for most issues – including Housing, Benefits, Debt, Employment and Consumer.

We can also help with budgeting and managing bills.

We offer support for Universal Credit (UC) claims.

Where are your services based?

Atherstone, Coleshill Outreach and Ansley & Arley Outreach

Who are they for?

Everyone.

Are there any costs? NO

Citizens Advice South Warwickshire

Address	25 Meer Street, Stratford upon Avon CV37 6QB and 10 Hamilton Terrace, Leamington Spa CV32 4LY
Telephone	0300 330 1183
Website	www.casouthwarwickshire.org.uk

What mental health support services do you provide?

We offer **free, confidential, impartial and independent advice** for all members of the South Warwickshire community.

We provide regular general advice face-to-face sessions in the larger settlements including: Stratford upon Avon, Alcester, Bidford, Shipston, Studley, Wellesbourne, Leamington, Warwick and Kenilworth and specialist at home project for some of our most vulnerable residents.

We support people in all areas either through our specialist advice or connecting them to other specialist services.

Best known for our expertise in benefits and debt support, we provide advice which enables people to access the benefits they are entitled to as well as providing audited, specialist money advice and assistance including financial capability and budgeting support, Bankruptcy Debt Relief Orders, Options for Dealing with Debt and Advice on paying off your debts. We hold Advice Quality Standard for advice and we are authorised and regulated by the Financial Conduct Authority.

Our intricate and detailed website helps people to find the help they need at any hour of the day or night and also details our offices and specialist projects. You can also chat to us via webchat or call us on 0300 330 1183 (during our office opening hours).

Where are your services based?

South Warwickshire (Leamington, Warwick and Stratford).

Who are they for?

Everyone.

Are there any costs? NO

Coleshill & Water Orton Memory Café

Address	St. Peter & St Paul's C of E Church, Water Orton
Contact Name	Mrs Christine Claridge
Email address	c.claridge312@btinternet.com
Telephone	07478 202052

What mental health support services do you provide?
We provide support and care for clients with Dementia and their carers.

Where are your services based?
The Robert Lloyd Room at St. Peter & St. Paul's Church, Water Orton.

Who are they for?
Dementia clients and their carers.

Are there any costs? YES

Additional information
We meet on the first Friday of every month from 1pm to 4pm.

Coventry & Warwickshire Mind

Address	The Junction, 141 Far Gosford Street, Coventry CV1 5DY		
Contact Name	Suzanne Alford		
Email address	suzanne.alford@cwmind.org.uk		
Telephone	02476 631835	Website	www.cwmind.org.uk https://cwrise.com

What mental health support services do you provide?

Since August 2017, CW Mind in partnership with Coventry & Warwickshire Partnership Trust (CWPT), under the service name RISE, have been providing early intervention and emotional wellbeing support and services for children and young people aged 0-25 years.

There are 5 community partnership venues across Warwickshire where CWPT and CW Mind staff are based one day a week and the staff members will link with schools, families, professionals and community groups.

Drop-in coffee mornings and consultations for parents and carers run from each venue, along with emotional wellbeing courses for children and young people focussing upon issues such as low self-esteem and confidence, low mood, anger management difficulties, and anxiety and stress.

We provide whole school approaches under the project name 'The Big Umbrella'; delivering mental health awareness assemblies, resilience workshops and 1:1 support sessions for children and young people.

There will also be the provision of one off workshops within schools for children and young people focussing upon specific areas concerning emotional and mental health issues.

The looked-after children's service provides 1:1 therapeutic support to children who are fostered, in residential care, adopted, living with kinship carers or under Special Guardianship orders. The service provides support and consultations for carers and adoptive parents and schools, as well as attachment training.

Where are your services based?

RISE community partnership venues in Warwickshire: Rugby, Nuneaton, Atherstone, Leamington and Stratford. Support and services will also be provided in schools throughout Warwickshire.

Who are they for?

Children and young people, parents and carers, school staff, professionals.

Are there any costs? NO

Additional information

Please also see RISE (formerly CAMHS).

Coventry and Warwickshire Partnership NHS Trust

Address	Wayside House, Wilsons Lane, Coventry, CV6 6NY		
Email address	enquiries@covwarkpt.nhs.uk		
Telephone	024 7636 2100	Website	www.covwarkpt.nhs.uk

What mental health support services do you provide?

The Trust provides child, adolescent and adult mental health services across Coventry and Warwickshire.

Where are your services based?

We offer mental health community and outpatient services across Coventry and Warwickshire - sometimes in people's own homes.

We have two mental health inpatient hospitals – one at St Michael's Hospital in Warwick and the other at the Caludon Centre in Coventry.

Both are for adult patients only.

Who are they for?

Services are for children, adolescents and adults suffering from mental health problems who live or are registered with a GP in Coventry or Warwickshire.

Are there any costs? NO

Additional information

Referrals to some of the services are via a GP or other health professional, except for IAPT (Improving Access to Psychological Therapies) to which people can self-refer. Information about our services can be found on our website:

www.covwarkpt.nhs.uk

Creative Support

Address	Napton House, Wharf Street, Warwick, Warwickshire, CV34 5LG		
Contact Name	Jackie Grant		
Email address	Jackie.grant@creativesupport.org.uk		
Telephone	07970 732322	Website	http://www.creativesupport.co.uk/

What mental health support services do you provide?

Our support service provides a short-term support service for adults aged 18 years and over who are experiencing vulnerabilities but do not meet the threshold to access statutory support from social care under the Care Act 2014, or support from other agencies according to their specific eligibility criteria. The service aims to prevent, reduce and/or delay their need for care and support. Support is delivered for up to 12 weeks' duration with clearly defined outcomes identified through the assessment processes the referring agency has undertaken prior to commissioning the service.

The service offers support in a variety of accessible and flexible ways in line with individual needs and preferences and to meet their outcomes. For example:

- Outreach – One-to-one and face-to-face meetings.
- Group support.
- Use of social media (text, instant messaging and online forums)
- Information technology systems like Skype to engage face-to-face with people without the need to meet outside a person's home.
- Direct phone line or drop-in portal.
- Use of local walk-in/drop-in centres, community, health and social care venues.
- Use of volunteers.
- Peer mentoring approach.

Support aims to meet any of the following outcomes and is tailored around individual needs:

- Exercise choice and control
- Maintain health and wellbeing
- Maintain independence and daily living skills
- Enhance their quality of life
- Engage with the local community
- Be safe and free from discrimination and harassment
- Achieve economic wellbeing

Where are your services based?

This service is community and outreach based and operates across Warwickshire.

Who are they for?

We are able to support adults aged 18 years and over who are experiencing vulnerabilities but do not meet the threshold to access statutory support from social care under the Care Act 2014 or support from other agencies according to their specific eligibility criteria.

Equality and Inclusion Partnership (EQuIP)

Address	Morgan Conference Suite, Warwickshire College, Technology Drive, Rugby, Warwickshire CV21 1AR		
Contact Name	Suki Rai		
Email address	suki@equipequality.org.uk		
Telephone	01788 863117	Website	www.equipequality.org.uk

What mental health support services do you provide?

We fight against discrimination, so if you have experienced it, witnessed an incident, or know of anyone who has, then we can help.

We offer free, impartial and confidential support, take on your case, or refer you to another organisation.

If you feel that you have been discriminated against because of your mental health (this could be by your employer, in a shop, or when accessing services) then please get in touch.

Where are your services based?

We are based in Rugby but we can arrange to meet you at a location convenient for you.

Who are they for?

Anyone who has experienced or witnessed discrimination because of:

- Age
- Disability
- Gender reassignment
- Race
- Religion or belief
- Gender
- Sexual orientation
- Marriage and civil partnership
- Pregnancy and maternity

Are there any costs? NO

Escape Arts

Address	Stratford's Heritage & Arts Centre, The Old Slaughterhouse, The Yard, Off Sheep Street, Stratford upon Avon CV37 6EE		
Contact Name	Karen Williams		
Email address	info@escapearts.org.uk		
Telephone	01789 532110	Website	www.escapearts.org.uk

What mental health support services do you provide?

Our Vision - Escape: 'Bringing people together through creativity and culture to support wellbeing and inspire strong communities.'

For over 20 years Escape has developed a diverse programme of social impact creative and heritage-led health and wellbeing workshops across Warwickshire. Our aim is to reduce loneliness and isolation, inspiring strong, happy communities and improving the quality of life for all involved. Escape uses a unique model of creative activity to respond to social, health, educational and wellbeing needs through integrated sessions, health initiatives and targeted interventions, leading to community events and exhibitions. It offers inclusive access to high quality, hands-on, creative activity directly addressing isolation and empowering individual achievement, progression and recognition. An established programme of weekly creative workshops across Warwickshire offers participants a regular routine in a compassionate and safe environment, directly supporting those who experience isolation and loneliness within their communities.

Escape has an established track record of delivering tailor-made outreach projects to many partnership organisations throughout the local area.

In 2017 Escape achieved NHS Quality for Health Standards, specifically designed to demonstrate the impact for participants/service users and, in 2018, Escape was awarded the MBE-Queens Award for Voluntary Service, the highest award given to local volunteer groups across the UK, recognising outstanding impact within communities.

Where are your services based?

We are based at Escape's Heritage and Arts Centre in Stratford upon Avon. We also run weekly workshops at the Ken Kennet Centre in Stratford upon Avon and in Nuneaton at Chilvers Coton Heritage Centre and at the Train Station Gallery.

We also develop outreach creative arts, heritage and wellbeing work across the whole of Warwickshire and have mobile facilities, including a media arts bus that can take our services out across communities.

Who are they for?

We work with all age groups and abilities, including running children's creative arts projects, after school group clubs, youth café, youth multi-media projects, adult drop in community art workshops, 'In Stitches' sewing and knitting projects and our very social VIP (Veterans & Interesting Pensioners) group, which addresses the problem of isolation amongst the elderly.

We also have a wide and varied volunteer programme supporting all ages and abilities and a project based youth work experience directive. We have 20 years' experience of providing community and targeted interventions that help to reduce isolation and improve health and wellbeing.

Are there any costs? YES – Donation led activities

Additional information

Please email info@escapearts.org.uk for further information about our workshops, including information about costs. We can sometimes provide concessions and help with advice in order to access direct payments. For our core weekly projects we ask for a donation of £5.

The Farming Community Network (FCN)

Address	National Office: Manor Farm Guilsborough Road West Haddon Northants NN6 7AQ		
Contact Name	For Warwickshire: Karen Ellis		
Email address	help@fcn.org.uk		
Telephone	03000 111999 Helpline 01788 510866 National Office	Website	www.fcn.org.uk

What mental health support services do you provide?

FCN seeks to provide confidential, non-judgemental pastoral and practical support to those in need of help in the farming community, whether the issue is related to the farm business or the farm household. A network of local volunteers, who are all either farmers themselves or have experience in agriculture, help people find a positive way forward through their problems and help is given for as long as needed.

In addition to local groups of volunteers, FCN provides a confidential national telephone Helpline which is available from 7am to 11pm every day of the year and a confidential e-Helpline:

Helpline: 03000 111999

e-Helpline: help@fcn.org.uk

FCN also offers support and signposting, where appropriate, to anyone in the rural community who is anxious, stressed or depressed.

We don't offer counselling but may use listening and counselling skills when supporting someone.

Where are your services based?

Volunteers work in local groups according to need. They may offer support to farmers on or off the farm.

FCN's National Office is based at West Haddon, Northamptonshire.

Who are they for?

Farmers and farming families; Rural people.

Are there any costs? NO

Additional information

The Farming Community Network (FCN) is a voluntary organisation and charity that supports farmers and families within the farming community through difficult times. FCN is a network of over 400 volunteers, many of whom are involved in farming or have close links with agriculture and therefore have a great understanding of the issues farm workers and farming families regularly face.

FCN exists to support all those in need in the farming community. With a particular focus on farmers and farming families, FCN strives to help anyone who seeks its support, regardless of their background, occupation or beliefs. Self-referral through the Helpline and e-Helpline are the principle methods of approaching FCN, but direct enquiries from local stakeholders are welcomed with the permission of the farmer or family concerned. Support is generally offered face-to-face by volunteers.

FCN was founded on Christian principles and its work is underpinned by a strong Christian ethos. However; FCN volunteers do not evangelise and supports those of all faiths or none.

Fitter Futures Warwickshire

Address	Shire Hall, Warwick CV34 4RL		
Contact Name	Fitter Futures		
Email address	fitterfutures@warwickshire.gov.uk		
Telephone	01926 351077	Website	https://fitterfutureswarwickshire.co.uk/

What mental health support services do you provide?

Warwickshire Countywide Physical Activity/Healthy Lifestyles offers a personalised 12 week programme and weight management programme for young people aged 12-16 and adults aged 16+.

The service is for individuals with mental health issues such as stress, depression, low mood and anxiety etc. who can be referred to the services by a health/social care professional or pharmacist. The service is only available for those registered with a Warwickshire GP.

Evidence shows that physical activity and/or weight management can help people with mental health issues to achieve positive health outcomes in terms of their mental and physical wellbeing.

Where are your services based?

Countywide in specific leisure centres.

Who are they for?

For Warwickshire residents that are registered with a Warwickshire GP.

Those aged 12 to 16 years and 16 years+ that are affected by mental health issues such as stress, depression, low mood and anxiety.

Are there any costs? YES – Discounted costs which vary depending on location and provider.

Additional information

There is a single point of access for the service. More information about the service can be found on www.fitterfutureswarwickshire.co.uk

When someone is referred, the single point of access service will contact the service user and give them a choice of facilities where they can carry out a 12-week programme. These programmes vary in cost depending on the facility. Service users are told the costs when the service is arranged for them. Many of the facilities are subsidised for the duration of the programme.

Flourish

Address	First Floor, Unit 4, Jephson's Court, Tancred Close, Leamington Spa CV31 3RZ		
Contact Name	Charlotte Bevan		
Email address	hello@youcanflourish.co.uk		
Telephone	07732 825721	Website	www.youcanflourish.co.uk

What mental health support services do you provide?

We provide early intervention support in the form of one-to-one mentoring sessions (a programme of 12 sessions) and the Flourish group course (for groups of 8) to girls aged 11 - 18.

Our services focus on improving self-esteem and mental and emotional wellbeing and give girls a safe space to explore the issues and pressures they are facing, to be equipped with resilience building tools to help cope and be released into their fullest potential.

Our approach is creative and highly engaging, allowing for each girl to discover her true worth, feel valued, supported and manage or overcome the challenges they are facing for better wellbeing.

Where are your services based?

Our office is based in Leamington Spa. We receive referrals from schools, other agencies and parents/carers. We deliver weekly mentoring sessions often in school but they can be outside of school if preferred at our office base or other venues.

Who are they for?

Girls aged 11 – 18 (School years 6 – 13)

Are there any costs? We request a contribution where afforded

Additional information

We are developing drop ins, workshops and girls' groups for more ongoing support, providing added value to the services we already provide.

The Gap Community Centre

Address	39 Oakwood Grove, Warwick, CV34 5TD		
Contact Name	Marcos Campos		
Email address	marcosthegap@gmail.com		
Telephone	01926 494200	Website	www.thegapwarwick.org

What mental health support services do you provide?

We do not provide specific mental health services. However, we provide a supported volunteering scheme through which we work with a wide variety of people, including those with mental health issues. We also work in partnership with various organisations that provide tailored services for people. We provide individual support to people as well on a variety of issues including mental health.

Where are your services based?

At the Gap Community Centre

Who are they for?

Anyone from the community

Are there any costs? Please contact Marcos for details

Additional information

We are able to signpost to specialist organisations that can support people with mental health needs as well as providing a safe, welcoming place for people to come and discuss their issues and receive support.

Garden Organic

Address	Wolston Lane, Ryton, Coventry CV8 3LG		
Contact Name	Colette Bond		
Email address	cbond@gardenorganic.org.uk		
Telephone	02476 303517	Website	www.gardenorganic.org.uk

What mental health support services do you provide?

'Growth'- The Social & Therapeutic Horticulture Project

The social and therapeutic horticulture project 'Growth' has been running for over 25 years at Ryton Organic Gardens and is responsible for maintaining dedicated therapeutic garden spaces, including a sensory memorial garden, which are open to visitors. A variety of tasks are also undertaken in other areas of the site as and when appropriate.

Our person-centred approach means that we are able to offer a safe and accessible environment for our clients, who suffer from physical and mental illness, and provide a structured and appropriate work programme to suit individual needs.

Key objectives of the project are:

- Help individuals gain self-respect, self-esteem, respect for others and increased independence.
- Develop client social skills through team working and interaction with both staff & visitors.
- Provide the opportunity for outdoor physical activity to improve both the mental health and physical fitness of clients.
- Encourage clients to take home the organic produce that they grow to help them achieve their '5-a-day'.
- Help to reduce stress through the therapeutic nature of gardening in a calm & relaxed atmosphere.
- Develop employability skills through on-the-job training.

We have several volunteers who support Garden Organic staff in delivering a wide range of horticultural-related seasonal activities and in helping to build a constructive and relaxing atmosphere.

Where are your services based?

'Growth' is based at Ryton Organic gardens but it can also be provided as an outreach service at other premises by arrangement e.g. at schools, day centres, etc. We also work in partnership with schools and colleges to co-ordinate vocational activities. Please contact Colette for more information.

Who are they for?

We cater for a wide range of client needs including people:

- with learning difficulties such as autism
- living with mental health conditions
- living with early stage dementia
- with physical disabilities
- with lifelong health conditions such as epilepsy, diabetes etc.
- who are young carers
- who have social and emotional behavioural difficulties

Are there any costs? YES Charges apply- details on request

Guy's Gift

Address	Suite 414, 41 Oxford Street, Leamington Spa, CV32 4RB		
Contact Name	Lisbeth Bakewell – Service Coordinator		
Email address	info@guysgift.co.uk		
Telephone	0845 467 3035	Website	www.guysgift.co.uk

What mental health support services do you provide?

Counselling and therapeutic support for bereaved children and young people.

Where are your services based?

Guy's Gift operates in the community, not from a fixed base. Much of the support provided takes place in schools. Guy's Gift operates across the whole of Warwickshire.

Who are they for?

This service is for children and young people from 5 to 18 years

Are there any costs? No cost for recipient families

Healthwatch Warwickshire

Address	4-6 Clemens Street, Leamington Spa, Warwickshire, CV31 2DL		
Contact Name	Chris Bain – Chief Executive		
Email address	info@healthwatchwarwickshire.co.uk		
Telephone	01926 422823	Website	www.healthwatchwarwickshire.co.uk/

What mental health support services do you provide?

The aim of Healthwatch Warwickshire is to give citizens and communities a stronger voice to influence and challenge how health and social care services are provided within their locality.

Where are your services based?

Across Warwickshire – will visit groups/individuals to talk about Healthwatch, consult on issues, and find out about people's experiences, concerns and thoughts on Health and Social Care matters that affect them.

Who are they for?

All.

Are there any costs? NO

Improving Access to Psychological Therapies (IAPT)

Address	Central Booking Service (CBS), City of Coventry Health Centre, Paybody Building, Stoney Stanton Road, Coventry CV1 4FS		
Contact Name	James Howard or Sheri Harrison		
Email address	cwp-tr.iapt@nhs.net		
Telephone	02476 671090	Website	www.covwarkpt.nhs.uk/iapt

What mental health support services do you provide?

IAPT offer a range of talking therapies, including Cognitive Behavioural Therapy (CBT), Counselling for Depression (CfD), guided self-help, groups/workshops and telephone treatment.

Where are your services based?

Across South and North Warwickshire, Coventry, Rugby and Solihull.

Who are they for?

IAPT services are for people aged 16 or over with mild, moderate, and moderate to severe symptoms of anxiety or depression, living in Coventry, Solihull or Warwickshire.

IAPT also have specially trained clinicians who can help those with psychological difficulties associated with a long-term physical health condition such as diabetes, asthma or COPD.

Are there any costs? NO

Additional information

You can either refer yourself by calling 02476 671090, or you can ask your GP to refer you. You will be given a telephone appointment with one of our therapists who will talk through your current difficulties in order to determine how we can best help you.

The help you will be offered may include the following: Psychological Education Materials and Courses, Guided Self Help, Group or Individual Therapy, Books on Prescription and recommended helpful reading.

Innovating Minds CIC

Address	Saint Nicholas Place, 81 The Green, Kings Norton, Birmingham B38 8RU		
Contact Name	Dr Asha Patel (Clinical Psychologist, CEO)		
Email address	info@innovatingmindscic.com		
Telephone	07854 585946	Website	www.innovatingmindscic.com

What mental health support services do you provide?

An award winning social enterprise that is passionate about providing accessible psychological support for individuals in education, training and employment to foster emotional wellbeing and resiliency.

Our team of Clinical Psychologists provide accessible psychological support to enable individuals to access therapy sooner. We work within schools and the wider community to provide 1:1 therapy, group work, consultation and training. We also specialise in creating a whole school approach to mental health.

Our work comes from a strong evidence base and we have a partnership with Keele University, which supports us in measuring the impact of our work.

Where are your services based?

We are based within Stratford upon Avon and Birmingham. However, we work across Coventry, Warwickshire and London.

Who are they for?

Our level of training enables us to work with young people and adults.

We also work with children (age 5+)

We also work very closely with senior leadership teams to create a whole school approach to mental health.

Are there any costs? YES

Additional information

Our work has been recognised by Ofsted and we have supported young people with the transition into further education, training and employment. Our flexible approach enables us to create a bespoke package of support to meet the needs of the organisation and individuals we work with.

As a social enterprise, our profits are invested into supporting young people affected by domestic abuse. We provide a free 8-week group programme.

Jobcentre Plus

Telephone	01926 302730	Website	www.gov.uk
For Stratford, Leamington Spa and Rugby:			
Contact Name	Lisa Stone	Email address	Lisa.stone@dwp.gsi.gov.uk
For Nuneaton, Atherstone and Bedworth:			
Contact Name	Jo Prosser	Email address	Joanne.prosser@dwp.gsi.gov.uk

What mental health support services do you provide?

We support individuals claiming benefits, such as Employment Support Allowance (ESA) and Personal Independence Payment (PIP), who have mental health issues. We do not provide mental health services but will signpost claimants to advocacy services or mental health services.

For those claimants who raise major concerns in terms of personal wellbeing or safety, we will alert relevant agencies.

For those claiming Jobseeker's Allowance (JSA), we provide Disability Consultants to offer support to claimants to find suitable work and refer to Access to Work for support in work.

Where are your services based?

6 offices across Warwickshire.

Who are they for?

Claimants of benefits

Are there any costs? NO

Additional information

For general enquiries or appointments for help with benefits please call 0800 169 0190.

The Kaleidoscope Plus Group

Address	Hawthorns House, Halfords Lane, West Bromwich B66 1BB		
Contact Name	Claire Dale		
Email address	claire.dale@kaleidoscopeplus.org.uk		
Telephone	0121 565 5605	Website	www.kaleidoscopeplus.org.uk

What mental health support services do you provide?

The Kaleidoscope Plus Group are facilitating a 'Suicide Bereavement Support Service' across Warwickshire. The service provides a safe space for people who have been bereaved by suicide to come together and talk openly about their experience. The groups are facilitated by trained professionals who bring with them the skills and knowledge around coping with grief, loss and bereavement.

It may feel daunting to walk into a room and join other people, but you will be supported from the onset to ensure you feel accepted and are able to talk freely and openly or just simply listen to the experience of others.

Where are your services based?

There is a group in each borough on Warwickshire in a community venue:

Warwick meetings are on the first Monday of the month

Rugby meetings are on the first Friday of the month

Stratford meetings are on the second Friday of the month

Atherstone meetings are on the third Tuesday of the month

Nuneaton meetings are on the fourth Thursday of the month

Please contact us for details of times and venues.

Who are they for?

Anybody over the age of 18 who lives, works or is registered with a GP in Warwickshire and who has been bereaved or affected by suicide.

Are there any costs? NO

KeyRing

Address	Unit 21, St Olavs Court, Lower Road, London SE16 2XB		
Contact Name	Bethany Hunt		
Email address	bethany.hunt@keyring.org		
Telephone	07825 275 405	Website	www.keyring.org

What mental health support services do you provide?

KeyRing offers short term mental health support for up to 6 sessions.

Our Community Links Mental Health Service can provide:

- Advice
- Guidance
- Signposting
- Making connections with people and communities
- Focussed emotional support
- Personalised support during specific periods of life that could cause deterioration of mental health.

Support will be provided through a combination of 1:1 support, group work and peer support. It will link in with carers, health and social care professionals and other organisations delivering support in local communities in Warwickshire.

Where are your services based?

KeyRing works with their members in the community, either at the member's home or somewhere public that suits both the member and the support worker.

Who are they for?

To be eligible for this service, the customer must:

- Have a mental health need (inclusive of undiagnosed needs)
- Be aged 17 or older
- Live in Warwickshire, or be registered with a GP in Warwickshire
- Not be entitled to social care services and housing related support

Are there any costs? NO

Additional information

People can self-refer to our service.

The Financial Freedom Project

This project, running in Nuneaton and Bedworth only, is funded by the NatWest Skills and Opportunities Fund.

Money problems cause many difficulties for people; it is even harder if you have a learning disability or mental health problem. Our project supports people to get better with money and will help people who wouldn't otherwise receive support to avoid financial hardship.

Support will be provided through 1:1 and group sessions. We will work with around 15 people every week and each person will get six sessions of support from a financial support worker. We will work with people to sort out any issues with money or debt that they have, and to give them skills to avoid financial crisis in the future.

The **Financial Freedom Project** is for people who:

- Need help with managing their money or debts
- Have a learning disability or mental health condition (even if they don't get any other support)
- Live in Nuneaton or Bedworth
- Are 18 or over

Our Financial Freedom Project Community Enabler can also offer drop in sessions and financial training at organisations across Nuneaton and Bedworth.

Leamington Night Shelter

Address	P O Box 6213, Leamington Spa CV31 9LA
Contact Name	Margaret Moore
Email address	Margaretmoore401@btinternet.com

What mental health support services do you provide?

We do not provide specific mental health help, but we do accept people with mental health issues at the shelter.

Our service is available on Wednesday and Sunday nights from 9pm.

Where are your services based?

Radford Road Methodist/URC Church
Radford Road
Leamington Spa
CV31 1NF

Who are they for?

The shelter is open to anyone over 18.

Are there any costs? NO

Lifespace Trust

Address	The Samaritans Community Hub, Tyler Street, Stratford-upon-Avon CV37 6TY		
Contact Name	Ros Peace		
Email address	admin@lifespace.org.uk		
Telephone	01789 297400	Website	www.lifespace.org.uk

What mental health support services do you provide?

We mentor young people aged 9 -18 on a one-to-one basis, to reduce their distress, build their resilience and help them achieve more both now and in the future. We encourage young people to focus on what is 'right' with them as opposed to what is 'wrong' with them.

We have qualified Mental Health England trainers and can deliver the Youth Mental Health First Aid course.

Where are your services based?

Generally, but not exclusively, in schools across South Warwickshire including Stratford upon Avon, Alcester, Henley-in-Arden, Studley, Kineton and Shipston-on-Stour.

Who are they for?

Young people aged 9 - 18

Are there any costs? YES

Lifeways

Address	30, Albany Road, Stratford-upon-Avon, Warwickshire CV37 6PG		
Contact Name	James Pavitt		
Email address	lifewayscentre@googlemail.com		
Telephone	01789 292 052	Website	www.lifewaystherapycentre.com

What mental health support services do you provide?

Lifeways offers counselling and psychotherapy through professionals and charities working here. Charities include: The Domestic Abuse Counselling Service, Safeline, CRUSE, ROSA, Guy's Gift, Al Anon and New Hope. Each of these charitable services is offered on a donation only basis.

Lifeways also has a large community garden that is used by Springfield Mind, who have their own part of the garden for therapeutic use. Springfield Mind gardening sessions are usually held on Monday mornings.

Where are your services based?

Lifeways is a large and friendly house based in central Stratford at 30, Albany Road CV37 6PG. Professionals hire rooms here for £8.80 per hour (£2.20 per quarter hour), charities and not-for-profits for £6.80 per hour (£1.70 per quarter hour). Use of the garden is free of charge by prior arrangement only, please 😊.

Who are they for?

Lifeways is available for anyone who requires support through therapy or counselling. Our aim is to support natural health in the community.

Are there any costs? Occasionally YES – see above

Additional information

As a charity, surplus funds that we generate are put into projects that support natural health in the community. For example, we have provided seed-corn funding to the Springfield Mind gardening project and run our own regular carers' café. Lifeways Trustees occasionally allocate small amounts of funding to some organisations running projects that support our aim. Please contact James, the manager, for more details.

Longhurst Group

Address	Romsey & Winchester MH Service, 50 Romsey Avenue, Nuneaton CV10 0DR		
Contact Name	Nicky Gilbert		
Email address	Nicky.gilbert@longhurst-group.org.uk		
Telephone	02476 848143	Website	www.fch.org.uk

What mental health support services do you provide?

Services are tailored to meet our clients' needs following assessment.

Where are your services based?

Nuneaton, Bedworth and North Warwickshire

Who are they for?

Adults only

Are there any costs? YES

Additional information

We offer 24 hour housing with specialist support for adults only at Romsey & Winchester Avenue in Nuneaton. We combine a range of housing options with a high level of support for people experiencing acute mental health. Costs apply for this service.

Making Space

(Service User Involvement)

Address	Pure Offices, Lake View, Tournament Fields, Wilton Drive, Warwick CV34 6RA		
Contact Name	Elizabeth Pfute		
Email address	Coproduction.Warks@makingspace.co.uk		
Telephone	01926 679207	Website	www.makingspace.co.uk (national site) https://makingspace.co.uk/services/centres/warwickshire-coproduction-service (our service page)

What mental health support services do you provide?

We are making a difference to mental health services in Warwickshire.

Our Warwickshire Mental Health Co-production service is all about giving you a voice and the chance to use your expertise to influence services. Together we aim to improve mental health services in Warwickshire and give you the opportunity to learn new skills and gain confidence. We do this by holding regular forums and workshops and offering opportunities to volunteer with us, and make a positive contribution to the community.

Where are your services based?

The service covers the whole of Warwickshire.

Who are they for?

Have you accessed mental health services or experienced poor mental wellbeing? Would you like to get involved in the decisions being made, learn new skills and meet new people? Are you over 18?

Are there any costs? NO

Additional information

Forums and workshops

Anyone who accesses mental health services in Warwickshire is invited to come to our forums. We provide a friendly and welcoming environment where we can get together to talk about any issues surrounding mental health, gather your feedback on our services, and keep you up to date with any news.

We also hold different types of workshops as and when requested by our service users, these include: consultations on changes in mental health services, training, or something a bit more creative.

Volunteering and training

Volunteering is a wonderful way to learn new skills, meet new people and really make a difference. It can also play a big role in helping people in their recovery. These are just some of the ways you can get involved...

Helping out at an event

Contributing to our newsletter

Sitting on an interview panel

Being a service-user representative

We provide encouragement, support, and training for anyone who would like to volunteer with us. It's important to us that as a volunteer you know exactly what you will be doing and feel confident in your role.

“What I love most about volunteering at Making Space are the people. It's amazing to know there is somewhere I can go to make a difference and where people will go above and beyond to help me achieve my goals” – Making Space volunteer

Mental Health Matters (MHM)

Address	Avalon House, St Catherine's Court, Sunderland Enterprise Park, Sunderland, Tyne & Wear SR5 3XJ		
Email address	info@mhm.org.uk		
Telephone	0191 516 3500 Helpline:0800 616 171	Website	https://www.mhm.org.uk/

What mental health support services you provide?

Mental Health Matters (MHM) provide a number of different services countrywide that include advice and information, employment support, housing support, 24hr helpline and webchat services and advocacy services. Below you can find some information for people across Coventry and Warwickshire:

- Employment support advisors will work with you to support you towards your own employment goals. They will help you to identify your strengths and skills and to develop through experience, volunteering and training which is tailored to suit your needs.

If you are already working and experience difficulty in the work place then an employment coach can provide you with support and assistance whilst you deal with your challenges and decide how you wish to proceed, including support if you wish to change positions or careers. Everyone who accesses our service can also access our 24/7 helpline, which is staffed by trained counsellors and employment advisors and offers valuable support outside of working hours. This is also a useful tool for local employers and services as they can seek advice about how to deal with situations appropriately and supportively.

- Housing support includes Floating support, Supported housing and Registered care that includes Breathing Space, a free 24/7 mental wellbeing support service for customers of Orbit. We work alongside Orbit Housing Association to support people with severe and enduring mental health conditions who may be struggling. Breathing Space offers 24/7 access to our telephone helpline, a team of highly trained and experienced support workers who use counselling skills to provide you with emotional support and practical advice/local information. Personal and confidential face-to-face support from our qualified Support Workers, who will meet with you to discuss your specific needs and goals and give you a helping hand to achieve them and live your life to the fullest.

Where are your services based?

MHM provides services across England, from Northumberland to Plymouth.

There is IAPT employment support and a 24hr helpline for Coventry and Warwickshire for people to access mental health support and signposting information. There is also Orbit Housing support in Warwickshire.

Who are they for?

Individuals over 18 years old who are currently accessing the Coventry & Warwickshire IAPT service who are employed, off sick from work, or are unemployed and looking to find work.

Breathing Space supports customers of Orbit Housing Association in Northamptonshire, Leicestershire, Staffordshire, Warwick, Rugby, Milton Keynes, Surrey, East Sussex, Kent and Medway, London, and East Anglia.

Are there any costs? NO

Myton Hospice

Address	Myton Lane, Warwick CV34 6PX		
Contact Name	In-Take Practitioner		
Email address	enquiry@mytonhospice.org		
Telephone	01926 838820	Website	www.mytonhospice.org

What mental health support services do you provide?

Myton Hospice provides emotional support for hospice patients and their families. Our service supports adults and children/young people. Dependent on capacity, professional referrals will be considered on an individual basis (i.e. MacMillan, GPs, schools), and will depend on service demand and assessment. In all other cases, we will support referrers in effective signposting. The service will aim to support families affected by suicide referred by their GP.

Any patient, family member or close friend meeting the above criteria may be referred if they are experiencing difficulty coming to terms with a terminal diagnosis, deteriorating health, or with a death in the family.

The service supports Myton Hospice patients (inpatients, day hospice, living well, and their families) and patients who have advanced life-limiting conditions (including Motor Neurone disease) who are registered with a Coventry or Warwick GP.

The service is supported by qualified counsellors and provides placements for students in their last year of training.

Bereavement support groups and children's workshops take place in the evenings and weekends.

Rainbow Ripples supports children 5 – 12 years

Myteens supports young people 13+

Stepping Forward (Adult) Bereavement Walking group supports family members known to Myton Hospice.

Bereavement support groups run twice a year.

4Men@ Myton is a new initiative to support men only and is for male patients and family members to address isolation, bereavement, and coming to terms with a diagnosis.

Where are your services based?

We support individual across the three sites: Warwick, Coventry and Rugby.
Please note: we are not set up for home visits.

Who are they for?

Hospice patients and their families.

Professional referrals i.e. Macmillan nurses, GPs.

Are there any costs? The service is FREE of charge.

New Hope Counselling

Address	70 Saltisford Warwick CV34 4TT		
Contact Name	Lyn Smailes		
Email address	lyn@newhopecounselling.org.uk		
Telephone	07799 015650	Website	www.newhopecounselling.org.uk

What mental health support services do you provide?

Counselling for a wide variety of issues for adults and children over 14. E.g. relationship problems (we are unable at present to do couple counselling), low mood, anxiety/stress, trauma, addictions, low self-esteem, loss and bereavement. Supervision for qualified counsellors or student counsellors. Placements for student counsellors.

Where are your services based?

We operate from four locations:

70 Saltisford, Warwick CV34 4TT

The Salvation Army, 1a Chapel Street, Leamington Spa CV31 1EJ

'Lifeways' 30 Albany Road, Stratford upon Avon CV37 6PG.

Kenilworth Methodist Church, Priory Road, Kenilworth CV8 1LQ

Who are they for?

Counselling is available for everyone apart from children under 14. No exclusions on the grounds of gender, religion, ethnicity, class, or sexual orientation.

Are there any costs? No cost except for a nominal charge of £5 for the assessment. We have a donation system in place for the counselling.

Additional information

We run a special project in Leamington Spa called 'New Prospects' for those who are either homeless or have drug/alcohol issues and live in CV31 or CV32.

We also have a 'Counselaid' fund to help fund counselling for those in need who live in CV34.

We have the 'Timon Fund' in Stratford on Avon to help fund counselling for those in need who live or work in CV37.

Newpath Ventures

Address	Kings Hill Nursery, Kings Hill Lane, Coventry CV3 6PS		
Contact Name	C Goodman		
Email address	Kingshillnurseries@btconnect.com		
Telephone	02476 697034	Website	www.gardencentrecoventry.co.uk

What mental health support services do you provide?

We work alongside adults with learning difficulties providing work and training opportunities.

Where are your services based?

Kings Hill Nursery, Kings Hill Lane, Coventry, CV3 6PS.

Who are they for?

Anybody who has appropriate funding.

Are there any costs? YES

North Warwickshire Counselling Service

Address	Nuneaton		
Email address	Nwcs.nwcs@btconnect.com		
Telephone	024 7632 0095	Website	www.nwcounselling.org.uk

What mental health support services do you provide?

Confidential one-to-one counselling.
We offer long-term counselling. We work during the evening.

Where are your services based?

Nuneaton.

Who are they for?

People come to us from all walks of life with a variety of problems including anxiety, depression, stress, difficulties in relationships, loneliness or bereavement.

Initial access is via a telephone answering machine where clients are asked to leave their name and telephone number and we call them back.

An initial assessment is offered.

Are there any costs? YES - We do charge - clients are asked to make a donation they can comfortably afford.

We feel the counselling is valued if the client is contributing something.

Additional information

We have been working in this area for 34 years and the counselling we offer is available to everyone from the age of 18, regardless of age, sex, sexual orientation, race, colour, disability.

We work mainly from a psychodynamic orientation but also offer supportive counselling with the depth, length, and style of counselling varying according to individual needs.

We are not part of the statutory services and receive no statutory funding.

We are an independent confidential counselling service and a member of BACP (British Association for Counselling and Psychotherapy).

We are a Registered Charity.

PAPYRUS

Prevention of Young Suicide

Address	West Midlands Office - F8 and F9 The Arch, Floodgate Street, Birmingham B5 5SL		
Email address	westmidlands@papyrus-uk.org		
Telephone	0121 437 0411	Website	https://papyrus-uk.org

What mental health support services do you provide?

PAPYRUS is the national charity dedicated to the prevention of young suicide. Our vision is for a society which speaks openly about suicide and has the resources to help young people who may have suicidal thoughts.

We exist to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people and their communities with the skills to recognise and respond to suicidal behaviour.

SUPPORT: We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK – please see separate entry.

EQUIP: We engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff with suicide prevention skills.

INFLUENCE: We aim to shape national social policy and make a significant contribution to the local and regional implementation of national suicide prevention strategies wherever we can

PAPYRUS deliver face to face training to increase the skills, knowledge and understanding that underpin and encourage Suicide Prevention in young people across the country. Please visit our website for more details.

Where are your services based?

PAPYRUS can run sessions at a place of your choice. We also regularly organise “open” training sessions where you can book, pay and attend as individuals.

Who are they for?

We have developed a series of suicide awareness raising and training packages to suit different needs and audiences.

Are there any costs? YES – Please see our website for details

PAPYRUS HOPELINEUK

Telephone	0800 068 4141
Text	07786 209697
Email address	pat@papyrus-uk.org
Website	https://papyrus-uk.org/hopelineuk/

What mental health support services do you provide?

HOPELINEUK advisers work with children and young people under the age of 35 who are experiencing thoughts of suicide to understand why these thoughts might be present. They provide support to:

Young People

Our advisers are all trained to help you focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive.

Concerned Others

If you are concerned that a young person is feeling suicidal, advisors can support you to start a conversation about suicide and explore options of how best to support them.

Where are your services based?

HOPELINEUK is accessible via phone, text and email.

Who are they for?

Children and young people under the age of 35 who are experiencing thoughts of suicide; anyone concerned that a young person could be thinking about suicide.

HOPELINEUK can help:

Young people, children, family, parents, siblings, partners, carers, grandparents

Concerned friends: at work, in school, college, university

GPs, Nurses, teachers, school nurses, A&E staff, pastoral staff

Mental health professionals: CAMHS staff, CPNs, Psychiatrists

Education staff: teachers, lecturers, learning mentors, education social workers

Police, ambulance staff, prison staff, drug and alcohol services, probation workers

Are there any costs? NO

Additional information

Opening hours: 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays

The Parenting Project

Address	Unit 1a, Croft Court, Croft Lane, Temple Grafton B49 6PW		
Contact Name	Emma Tait		
Email address	counselling@parentingproject.org.uk		
Telephone	01789 778089	Website	www.parentingproject.org.uk

What mental health support services do you provide?

What do we offer?

Through our Parenting in Mind programme, we offer up to 18 weeks of counselling for parents/carers. Our counselling service operates across Warwickshire and is easily accessible for parents/carers as the majority of our service runs within Children and Family Centres.

We see a wide variety of issues with varying levels of complexity within our service, which are explored using relational approaches such as person-centred or integrative approaches.

Person-centred therapy places the client at the centre of the work, enabling autonomy and the counselling process is largely around facilitating the client to find their own answers and giving them the experience of being listened and valued - which may not be a familiar experience. The integrative approach is underpinned by the person-centred approach but will have elements of psychodynamic, interpersonal, attachment theory and cognitive behavioural therapy. We pride ourselves on being trauma-informed in our work with clients.

What is our vision?

“To enable and support parents and their children to achieve good outcomes by providing the tools and understanding to overcome their difficulties and improve their emotional wellbeing at the earliest opportunity”. The Parenting Project counselling service is completely confidential and, as an organisational member of the British Association for Counselling and Psychotherapy, we adhere to the ethical framework for those professions.

Students

We also provide placements for students on qualifying courses, please email emma.tait@parentingproject.org.uk for more information

Where are your services based?

The Parenting Project counselling service operates out of the following Children and Family centres and outreach areas:

Alcester; Bidford; Camphill; Kenilworth; Kingsway; Lighthorne Heath; Lillington; Long Lawford; Shipston; Southam; St. Michaels; Stockingford; Stratford; Wellesbourne; Westgate.

Who are they for?

The criteria to access the service is to be a parent of or caring for a child under 19 (or under 25 if they have special educational needs and/or a disability).

Are there any costs? NO

Additional information

As the majority of our counselling is in Children's Centres we are able to signpost to other services to support families and children. Our referrals come from Early Years family support workers, Family Information Service, Health Visitors, Midwives, Social Workers, Citizens Advice, and Perinatal Mental Health Services.

However, referrals can be from anyone who feels a client may benefit from counselling and people can also self-refer directly into the service.

Referral forms and further information is available at
counselling@parentingproject.org.uk

Parents in Mind (NCT)

Address	Euston Square, London NW1 2FB
Contact Name	Sarah Hislam
Email address	parentsinmind.wc@nct.org.uk
Telephone	07885 975261
Website	https://www.nct.org.uk/about-us/professional/parents-mind-perinatal-mental-health-peer-support/parents-mind-coventry-warwickshire

What mental health support services do you provide?

Parents in Mind offers peer support from women with lived-experience of perinatal mental health issues to women who are either pregnant or have a baby under two years old. Peer support is provided in groups and on a one-to-one basis.

Where are your services based?

Groups run in Leamington, Coventry and Stratford. One-to-ones run across the wider area.

Who are they for?

Women who are pregnant or, at point of referral, have a child under two years old and are experiencing mild to moderate perinatal mental health issues including anxiety, PND, OCD, isolation etc.

Are there any costs? NO

Additional information

Contact Sarah by text, phone, or email to self-refer or refer a client.

Recovery & Wellbeing Academy

(A partnership between Coventry & Warwickshire Mind and
Coventry & Warwickshire Partnership Trust)

Address	Cooper's Lodge, 61 St Nicholas Street, Radford, Coventry and Recovery Academy Hub, Caludon Centre, Clifford Bridge Road, Coventry CV2 2TE		
Contact Name	Stacy Cooper or Chris Sampson		
Email address	recovery.academy@covwarkpt.nhs.uk or pathways@cwmind.org.uk		
Telephone	0300 303 2626 or 02476 229988	Website	https://recoveryandwellbeing.covwarkpt.nhs.uk/

What mental health support services do you provide?

The Recovery and Wellbeing Academy aims to support personal recovery and wellbeing.

The Academy offers a wide range of courses and workshops designed to empower your mental health and wellbeing provided by a number of partner organisations working together. All Academy courses and workshops are completely free of charge and open to anyone over the age of 18 living in Coventry and Warwickshire who wants to better manage or understand their mental health and wellbeing.

Friends, family, staff, and carers are encouraged to attend as we strongly believe in learning together to get the most out of the courses on offer. Many of our courses are led by a Peer Trainer who has direct life experience of recovery and a Practitioner Trainer who has specialist professional skills & knowledge in that subject area. Both trainers will support students throughout.

Where are your services based?

Coventry, Nuneaton, Bedworth, Atherstone, Coleshill, Rugby, Stratford, Leamington, Warwick, Kenilworth and elsewhere by arrangement.

Who are they for?

Anyone over the age of 18 living or working in Coventry and Warwickshire.

Are there any costs? NO

Additional information

Our courses and workshops are designed with the expectation that many people attending may feel nervous, worried, or may have difficulty concentrating. Our courses and workshops are designed to be informal, friendly, and enjoyable and are delivered in safe, nurturing environments. If you have further learning needs please let us know at enrolment so we can accommodate your specialist requirements.

Who are the courses and workshops run by?

We believe in bringing together professionals and people with lived experience to share information with our students. This is called co-production. We believe bringing these two areas of expertise together promotes the best learning experience.

Relate Coventry and Warwickshire

Address	1110A Elliot Court, Coventry Business Park, Herald Way, Coventry CV5 6UB		
Contact Name	Mandy Boothe		
Email address	mandy.boothe@relatecoventry.org		
Telephone	024 7622 5863	Website	www.relatecoventry.org

What mental health support services do you provide?

Counselling for adults – couples and individuals
 Family Counselling
 Children and Young People’s Counselling: Rise Project - community based support; Time for You - school based counselling service.
 Sex Therapy
 Education and Learning – Training courses and workshops for general public and professionals

Where are your services based?

Coventry – Head Office
 Leamington
 Rugby

Who are they for?

Adults – Individuals and couples
 Families – no upper or lower age limit on families accessing Relate services
 Children and young people aged 5 – 18 years (19 years in schools that self-fund)
 Professionals and general public – workshops and courses

Are there any costs? YES - Adult and family services

Additional information

We offer a number of workshops and training events for adults, parents, and professionals.

Rethink Mental Illness - Residential Nursing Services

Contact Name	Jane Harris		
Email address	jane.harris2@rethink.org		
Telephone	01926 427584	Website	www.rethink.org

What mental health support services do you provide?

We provide four residential homes for people with severe mental illness.

We provide a recovery orientated approach to enable people to maintain a better quality of life while encouraging future independence.

The services are able to provide flexible levels of support, dependent on need. This can include more intensive support from our Registered Mental Nurses as well as from our trained Mental Health Recovery Workers.

All our services are fully compliant with the Care Quality Commission (CQC) Standards.

Where are your services based?

Thistley Lodge - Warwick New Road, Leamington Spa

Cavendish Lodge - Leam Terrace, Leamington Spa

Albany House - Albany Road, Stratford upon Avon

Moultrie Road - Moultrie Road, Rugby

Who are they for?

People with severe and enduring mental health issues.

Are there any costs? NO

Rethink Mental Illness - Warwickshire Employment Service

Address	The Old Bank, 45 Coten End, Warwick, CV34 4NT		
Contact Name	Nicola Hall		
Email address	mhess@rethink.org		
Telephone	01926 419227	Website	https://www.rethink.org/services-groups/services/warwickshire-employment-service

What mental health support services do you provide?

We deliver an Individual Placement Support (IPS) Employment Support Service for people with mental health conditions across Warwickshire.

The service provides clients with support to:

- apply for and secure paid employment
- maintain current employment, working with both the client and the employer
- re-enter the work-force following a period of ill-health absence.

The service is currently targeted for adults of a working age (16+) who are motivated to work, who must reside and/or receive mental health support in Warwickshire. We also support anyone who is motivated to work, who are or have been supported in the past by secondary mental health services, or are in employment and have an emerging mental health issue that could mean that their employment may be at risk. Access to the service is by self-referral (if criteria met) as well as referrals from Integrated Practice Units (IPUs), GPs, clinical teams, and mental health hubs.

This project is part funded by the European Social Fund, with additional funding from Warwickshire County Council.

Where are your services based?

The Old Bank, 45 Coten End, Warwick CV34 3NT
Tel 01926 419227

Who are they for?

People with mental health issues who are motivated to work.

Are there any costs? NO

RISE (formerly CAMHS)

Address	Navigation Hub, Paybody Building, 2 Stoney Stanton Road, Coventry CV1 4FS		
Email address	communications@covwarkpt.nhs.uk		
Telephone	0300 200 2021	Website	www.cwrise.com

What mental health support services do you provide?

In 2017, Coventry and Warwickshire Partnership NHS Trust partnered up with Coventry and Warwickshire Mind to transform all emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Rise seeks to work more closely with schools, voluntary community services, Social Care and Primary Care (such as GP practices) to increase support for children and young people who require support.

Services that have now integrated to form Rise are:

- Specialist Mental Health Services for children and young people (formerly known as CAMHS)
- Neurodevelopment Service (conditions such as Autistic Spectrum Disorder, Attention Deficit Disorder)
- Primary Mental Health.

Where are your services based?

In Warwickshire, we have clinics in Rugby, Stratford, Leamington and Nuneaton. We also offer some of our services for earlier intervention (early advice, guidance and information) out in non-clinical community venues across Warwickshire – for more information please go to www.cwrise.com

Who are they for?

Children and young people who are registered with a GP in Warwickshire or Coventry.

Are there any costs? NO

Additional information

Referrals into the service can only be made by professionals who are involved with or working with the young person and/or family e.g. GPs, schools, Social Care, School Nurses, Health Visitors. Please call the Navigation Hub on 0300 200 2021. Referral forms can be found at: www.cwrise.com/how-to-refer-to-services

Please also see Coventry & Warwickshire Mind.

RoSA (Rape or Sexual Abuse Support)

Address	30-31 Sheep Street, Rugby, CV21 3BX		
Email address	support@rosasupport.org		
Telephone	01788 551150	Website	www.rosasupport.org

What mental health support services do you provide?

Our services are offered to men, women, young people and children from age 5 years and include:

- Counselling and Psychotherapy
- Support Groups
- Art & Drama Therapy
- Counselling Service for Schools, Colleges and Universities
- Helpline
- Online, email and telephone counselling, support and information
- Befriending & Mentoring
- Assertiveness and confidence building (short courses)
- Practical and emotional support for survivors who may want to report rape/abuse to the police
- Workshops, training and information sessions
- Prevention and protection initiatives .

Where are your services based?

Services are run across Warwickshire from community venues, schools, and RoSA's counselling rooms.

Who are they for?

RoSA is a specialist charity providing confidential therapeutic and practical support for survivors of rape, sexual abuse, and child sexual exploitation. Support and information is also provided for families, partners and carers.

Are there any costs? NO

Rubbish Friends

(Stratford upon Avon)

Address	The Hive, Thomas Jolyffe School, Clopton Road, Stratford upon Avon CV37 6TE		
Contact Name	Becky Reynolds		
Email address	reynolds.becky@gmail.com		
Telephone	07853 995580	Website	www.rubbishfriends.org.uk

What mental health support services do you provide?

We have evidence to prove that being a member of Rubbish Friends, whose activities include litter picking, can provide a path to wellbeing.

Joining our litter picks provides fun, fresh air, exercise, the opportunity to meet new people and forge friendships and a sense of purpose and achievement,

Where are your services based?

Stratford upon Avon. We have also helped many groups to get started in outlying towns and villages.

Who are they for?

Anyone and everyone.

For those who cannot join our outings, there is always the opportunity to help with administration and raising awareness of the negative impacts of littering and other environmental issues.

Are there any costs? NO

Additional information

All litter picking equipment is provided. You can always call Becky to chat about how you might potentially like to become involved.

Safeline

Address	6a New Street, Warwick, Warwickshire, CV34 4RX
Email address	office@safeline.org.uk
Telephone	01926 402498 Office 0808 800 5008 General Helpline 0808 800 5005 National Male Survivor Helpline 0808 800 5007 Young Person's Helpline
Website	www.safeline.org.uk www.slyp.org.uk Young person's site.

What mental health support services do you provide?

- Face to face counselling and psychotherapy for men, women, children and young people
- Creative therapies
- Art therapy
- Cyber therapy (online, email, and telephone counselling)
- National Male Survivor Helpline and online support (England and Wales)
- Helpline and online support for females and young people throughout Warwickshire.
- Independent Sexual Violence Advisors (ISVA's) support and advice for those who may wish to report to the police.
- Children and young people's educational prevention projects for schools
- Training for professionals
- Websites and Information leaflets.

Where are your services based?

Our main office is located in Warwick, but we operate throughout Warwickshire and the Male helpline serves England and Wales.

Who are they for?

Safeline is a leading specialist charity providing therapeutic and practical support for survivors and their families who have experienced the trauma of sexual abuse, rape and associated issues, whether historic, recent or current.

Also children and young people at risk of sexual exploitation.

Are there any costs? NO

Samaritans

Address	Coventry and District: 57 Moor Street, Earlsdon, Coventry CV5 6ER Stratford upon Avon: Tyler House, Tyler Street, Stratford upon Avon CV37 6TY		
Contact Name	Stratford: Clare Neale (01789 332545)		
Email address	Stratford: samsadmin@tylerhousehub.org.uk jo@samaritans.org		
Telephone	Coventry:02476 678 678 Stratford: 01789 298866 (local call charges apply)	Website	www.samaritans.org/stratford www.samaritans.org/coventry

What mental health support services do you provide?

We provide a 24/7 listening service for anyone going through a tough time in their life, or who have things on their mind and need someone to talk to.

We have a telephone number that is free to call – 116123.

Where are your services based?

Our local offices are based in Earlsdon, Coventry and Stratford upon Avon, but our services can be accessed by phone, text, or email from anywhere.

Who are they for?

Anyone who needs someone to talk to in confidence. No matter what's troubling you or when you need to talk, we're here 24/7 to support you in whatever you're going through.

Are there any costs? NO

Additional information

If anyone is interested in volunteering with us, please contact:
recruitment@coventrysamaritans.co.uk for volunteering in Coventry or
recruitment@stratfordsamaritans.org.uk for volunteering in Stratford.

If your organisation is interested in receiving a talk on what we do, please contact:
outreach@stratfordsamaritans.co.uk for more details.

The Shakespeare Hospice

Address	Church Lane, Shottery, Stratford upon Avon CV37 9UL		
Contact Name	Cristina Hands – Adult Counselling Co-ordinator Alison Burford – Lead Children and Family Support Co-ordinator		
Email address	chands@theshakespearehospice.org.uk aburford@theshakespearehospice.org.uk		
Telephone	01789 266852	Website	www.theshakespearehospice.org.uk

What mental health support services do you provide?

The Adult Counselling Service provides support to:

- Carers, family members of individuals with cancer or a life limiting condition.
- Individuals who are bereaved within the last two and a half years following the death of someone close.

Services include:

- One-to-one counselling – providing support for each individual.
- Family Counselling – providing support for a family or couple.

‘Echoes’ Children’s Bereavement Service provides support for children and young people between the ages of 5 and 18 who have been bereaved.

Where are your services based?

At the Shakespeare Hospice. Echoes will also work within the local community.

Who are they for?

See above for Adult Counselling Service and Echoes Children’s Bereavement Service.

Are there any costs? NO

Additional information

Referrals for the Adult Counselling Service can be made by GPs and other health professionals in addition to self-referral.

Echoes also offer pre-bereavement support for children and families where someone in the family has a serious illness.

Sharp Minds

(A project run by Young People First)

Address	Jubilee House, Westlea Road, Leamington Spa CV31 3JE		
Contact Name	Alex Walker		
Email address	sharpminds@youngpeoplefirst.org.uk		
Telephone	01926 450 156	Website	www.youngpeoplefirst.org.uk

What mental health support services do you provide?

Sharp Minds is for young people aged 11-19 who are experiencing anxiety, depression, or low self-esteem. The project provides opportunities to socialise, build new friendships, and take part in fun activities, including occasional trips and residential visits.

Sharp Minds gives young people a safe place to express themselves without fear of judgement or victimisation. Additional support is offered through informal 1:1 mentoring, CBT (cognitive behavioural therapy), counselling, and advocacy at schools and multi-agency meetings. Sessions that are delivered are based on the NHS recommendations promoting the 'five steps to mental wellbeing' and young people's progress is monitored through the feedback they provide and the testimony of parents/carers and fellow professionals.

The Sharp Minds steering group will give young people from across our projects a collective voice to feedback on what is working well and the areas of the project that they feel make the biggest positive difference to their lives.

Where are your services based?

Monday evenings 6pm – 8pm

Wednesday evenings 6pm – 8pm

Thursday evenings 6pm – 8pm

Please contact Sharp Minds for details of the venues.

Who are they for?

Young people aged 11 – 19.

Are there any costs? NO

Additional information

Young people have to be referred to the project in order to participate. Please email sharpminds@youngpeoplefirst.org.uk for a referral form. Transport can be provided for young people to enable them to access the project if they otherwise couldn't.

SOS Silence of Suicide

Address	Stratford upon Avon, Warwickshire		
Contact Name	Yvette Greenway		
Email address	info@sosilenceofsuicide.org		
Telephone	07802 884984	Website	www.sosilenceofsuicide.org

What mental health support services do you provide?

We offer free (to the end-user) mental health discussion group meetings, which are best described as group therapy.

Aiming to be fully inclusive, our meetings are attended by anyone affected by suicide and any associated mental wellbeing challenges. Whether people have been bereaved by suicide, attempted suicide, or are contemplating suicide, our meetings embrace everyone and, to date, we are unique in what we deliver and how it is delivered.

Our aim is to encourage honest and open dialogue amongst those in attendance, helping to reduce stigma and prejudice, and to increase awareness and help educate.

Our meetings are also designed to help signpost people to relevant support services and to provide a “people’s network” whereby those in attendance can help support each other in similar circumstances.

Representatives of SOS Silence of Suicide are available for speaking engagements to promote the work we do and to encourage understanding of the complex and multiple issues surrounding suicide.

SOS run mental wellbeing surveys on behalf of other organisations/groups/charities to examine and report upon the mental health impact of socio-economic factors.

We are also able to provide a limited email response service.

We also hold meetings on behalf of sports bodies, government departments, universities, corporate entities and other health care providers. Please email for more information.

Where are your services based?

Nationally, but we wish to serve and work alongside our local communities, organisations, groups and other charities on a more frequent basis

Who are they for?

Our services are for anyone who's been affected by suicide and/or mental wellbeing issues. No one is excluded on any grounds including age, race, gender, political bias, ethnicity etc.

Individuals, groups, corporate bodies, government departments, universities, health care providers, sports bodies, campaign groups and others have, or do, utilise our services.

Any group/company etc. who wishes to conduct mental health surveys amongst their membership.

Are there any costs? - NO

Additional information

Important Notes: There are no charges to the public for attending our support group meetings, but costs to organisations.

The supply of all services is primarily delivered through our meetings which for many is their first point of contact with SOS.

We are keen to work further with specific groups who feel particularly isolated – for example the LGBT+ community, victims of domestic abuse, victims of crime, etc.

Springfield Mind

Address	48 Cygnet Court, Timothy's Bridge Road, Stratford-upon-Avon CV37 9NX		
Contact Name	Jo Min, Deputy Chief Executive		
Email address	Jo.min@springfieldmind.org.uk		
Telephone	01789 298615	Website	www.springfieldmind.org.uk

What mental health support services do you provide?

Wellbeing for Warwickshire – One-to-one sessions with a Wellbeing Practitioner, peer support groups, drop-ins and outreach.

Green Minds - weekly eco-therapy at our Stratford and Leamington Spa Allotments.

Active Monitoring – working from within GP Surgeries to provide front line support.

Mental Health Friendly Community – a Warwick project to make the community mental health friendly.

Training – helping organisations and companies improve employee wellbeing, mental health first aid, mindfulness, and mind over matter.

Services Navigator – signposting and supporting individuals referred into the Coventry & Warwickshire Partnership Trust Adult Mental Health Team.

Reach Out and Help – a mentoring program run in partnership with CA South Warwickshire to help individuals seeking support from CA's Reach Out and Help service to achieve life goals.

Moodmasters – Workshops for anyone with low mental wellbeing or mental ill health, which teach the skills necessary to maintain good mental health.

Training - We offer many types of courses, including Mental Health First Aid and also bespoke training if required.

Where are your services based?

Throughout Warwickshire and Worcestershire.

Who are they for?

The one in four people in the UK who each year suffer from poor mental health. Low level intervention to improve mental wellbeing.

Are there any costs? NO

Additional information

With our mission being to improve mental health within Warwickshire & Worcestershire, please approach us if you feel a section of the community needs support that is not currently serviced.

SSAFA The Armed Forces Charity

Coventry and Warwickshire

Address	41A Smith Street, Warwick CV34 4JA		
Contact Name	Kevin Bowman		
Email address	warwickcov@ssafa.org.uk		
Telephone	01926 491317	Website	www.ssafa.org.uk

What mental health support services do you provide?

Signposting via caseworkers to Combat Stress and the NHS.

Where are your services based?

Outreach in Nuneaton at the Veterans Contact Point.

Who are they for?

Members of the Armed Forces, those who used to serve, and their families and dependants too.

Are there any costs? NO

Additional information

Our clients only require one day of service in the Armed Forces of the UK to be eligible for assistance. This also includes National Service.

St Mary's Church

Address	St Mary's Road, Leamington Spa, CV31 1JW		
Contact Name	Rebecca Mitchell		
Email address	office@stmarysleamington.com		
Telephone	01926 778505	Website	www.stmarysleamington.com

What mental health support services do you provide?

We are a frontline provider offering help to people in need through various projects coordinated by members of St Mary's Church. A number of the people who come to us for help have mental health issues.

We run a centre for debt relief called Christians Against Poverty and an adult mentoring scheme called Pathway for people with addictions and other lifestyle difficulties. We are part of Warwick District's foodbank scheme.

Where are your services based?

All of our services are based at St Mary's Church Centre in St Mary's Road.

Who are they for?

We will consider helping anyone in need regardless of age/sex/disability/race etc. People do not need to be Christian in order to access our services.

Are there any costs? NO

Survivors of Bereavement by Suicide

Address	The National Office, The Flamsteed Centre, Albert Street, Ilkeston, Derbyshire DE7 5GU		
Contact Name	Eric Thwaites		
Email address	admin@uksobs.org		
Telephone	0115 944 1117	Website	www.uksobs.org

What mental health support services do you provide?

Survivors of Bereavement by Suicide is a registered charity offering those bereaved by suicide specialised, local, free peer support for adults and families in our community who have been affected by the loss of a loved one, friend or colleague to suicide.

We do not offer counselling or support to those under 18.

Where are your services based?

We offer support throughout the UK. At present we have 47 support groups. We provide a continuum of services including national helpline, national forum, email support and support after suicide booklet.

Who are they for?

As above.

Are there any costs? No

Sydenham Neighbourhood Initiatives (SYDNI)

Address	The SYDNI Centre, Cottage Square, Sydenham, Leamington Spa, CV31 1PT		
Contact Name	Kate Cliffe		
Email address	community@sydni.org		
Telephone	01926 422071	Website	www.sydni.org

What mental health support services do you provide?

We have a range of activities focussed on improving overall mental and physical wellbeing and reducing social isolation, such as - singing, art, craft, Women's Group, Circle of Tea, gardening, walking etc

We also have a Social Prescribing Project - patients from Croft Medical Centre and Spa Medical Centre can ask to be referred for a more in-depth level of support. Sydenham residents are now also able to self-refer.

We have a Volunteering Programme and a large range of volunteering roles to suit differing self-identified needs.

Where are your services based?

The SYDNI Centre, Cottage Square, Sydenham, Leamington Spa, CV31 1PT

Who are they for?

Priority is given to Sydenham Residents

Are there any costs? Some of the activities have a small cost.

Additional information

The SYDNI Centre has a café that is open to all and very good value.

Together for Mental Wellbeing

(Floating Housing Related Support for Disabilities)

Address	Eliot Park Innovation Park, 4 Barling Way, Nuneaton, CV10 7RH		
Contact Name	Sarah Moran		
Email address	warks-hrs@together-uk.org		
Telephone	02476 796416	Website	www.together-uk.org/warwickshire-housing-related-support

What mental health support services do you provide?

Benefits;
 Debt Management;
 Appeals / Tribunals;
 Landlord issues;
 Support to budget effectively;
 Support to understand and write letters;
 Support to understand tenancy issues;
 Peer support – to provide emotional support

Where are your services based?

Warwickshire, with the central office in Nuneaton.

Who are they for?

Anyone, aged 16+ with a learning disability, physical disability, sensory disability, autism or mental health problem.

Are there any costs? NO

Additional information

Together works in partnership with BID Services to deliver short term (up to one year) housing related support across Warwickshire for people with disabilities. Anyone is able to self-refer and we will always undertake an initial assessment of needs.

Referral forms may be obtained by calling: 02476 796416 and, once completed, returned to:

Warks-hrs@together-uk.org

VoiceAbility

Contact Name	Vanessa Biddulph, Service Manager		
Email address	CWAdvocacy@voiceability.org		
Telephone	0300 2225 947	Website	www.voiceability.org

What mental health support services do you provide?

- Independent Mental Health Advocacy (IMHA) for sectioned and informal patients and Community Mental Health Advocacy
- Health Advocacy for vulnerable people in a general hospital
- NHS Complaints Advocacy
- Independent Mental Capacity Advocacy (IMCA) including Deprivation of Liberty Safeguards (DoLS) and Paid Representatives
- Care Act Advocacy

Where are your services based?

We support people in places throughout Warwickshire: in mental health units, hospitals, day centres, libraries, community centres, and home visits for those who need it.

Who are they for?

For qualifying patients

- IMHA: for people using mental health services either in hospital under section, informal, or in the community.
- Health Advocacy for vulnerable people in a general hospital
- NHS Complaints Advocacy - anyone needing support to make a complaint about a NHS service or NHS funded service.
- IMCA: for people deemed to lack capacity to make certain decisions.
- Care Act Advocacy: for people who have difficulty being involved in assessment, care planning, or reviews or safeguarding processes
- SEE WEBSITE FOR MORE DETAILED INFORMATION ON ELIGIBILITY CRITERIA

Are there any costs? NO

Warwick District Foodbank

Address	c/o St. Mary's Church, St Mary's Road, Leamington Spa CV31 1JW		
Contact Name	Andy Bower, Operations Manager		
Email address	info@warwickdistrict.foodbank.org.uk		
Telephone	07850 293383	Website	www.warwickdistrict.foodbank.org.uk

What mental health support services do you provide?

We provide signposting to the following agencies:

- NHS mental health support services
- Rethink Mental Health

Where are your services based?

At each of our 7 foodbank Satellite Distribution Centres, namely:

Whitnash, Lillington, South Leamington, Central Leamington, Kenilworth, Westbury Centre, Warwick Central.

Who are they for?

Foodbank clients

Are there any costs? NO

Warwickshire Community Wellbeing with Turning Point

Address	Clarence House, Clarence Street, Leamington Spa CV31 2AD		
Contact Name	Dan Jhutti		
Email address	Daniel.jhutti@turning-point.co.uk		
Telephone	07484 503644	Website	www.turning-point.co.uk

What mental health support services do you provide?

The Warwickshire Wellbeing Service provides advice, information, support and workshops to adults with learning disabilities within South Warwickshire. The service is run by Turning Point and supports adults with learning disabilities to make positive changes to lead more independent lives.

Our main aims are to:

- **Increase emotional wellbeing** - By using tools such as Warwickshire's 5 Ways to Wellbeing, our goal is to develop confidence to cope with life's challenges and difficulties. We can also signpost to Mental Health services where needed.
- **Improve the lives of customers within the community** - We help to provide opportunities for customers to connect with others, to reduce feelings of isolation and loneliness and encourage people to take part in their local community. We aim to support individuals to resolve issues that impact on their wellbeing such as finance, benefits or housing. We offer support with making meaningful links with relevant local agencies.
- **Support people into pre-vocational opportunities and employment** - We work in partnership with local organisations to provide up-to-date information regarding pre-vocational opportunities. Whilst being signposted to relevant organisations, individuals will have the chance to attend workshops provided by the Wellbeing Service to develop the skills and confidence for future employment.
- **Improve the physical health of our customers** - We work with individuals to ensure they have a good understanding of the importance of looking after their physical health and how it relates to their overall wellbeing. We support people to make meaningful contact, or to attend health appointments with health providers where needed. We support individuals to take actions to improve their physical health such as health checks and support people to overcome barriers related to health services.

Where are your services based?

We cover the whole of South Warwickshire.

Who are they for?

Our service is provided for adults with Learning Disabilities and Autism.

Are there any costs? NO

Warwickshire Counselling Centre t/a Sycamore Counselling Service

Address	12 Riversley Road, Nuneaton CV11 5QT		
Contact Name	Carol French		
Email address	sycamorecounselling@yahoo.co.uk		
Telephone	02476 744544	Website	www.sycamorecounselling.org.uk

What mental health support services do you provide?

- Confidential one to one counselling for adults, children, and young people in our centre.
- Anger Awareness groups for adults living in Nuneaton, Bedworth, North Warwickshire and Rugby
- Befriending and counselling service for Orbit residents in Nuneaton, Bedworth and North Warwickshire
- Counselling with therapeutic play/creative interventions/movement psychotherapy in schools contracted by schools and through the Mental Health in Schools project
- One off training projects for schools, hospices etc.
- Clinical Supervision for professionals working within the community

We will offer a counselling service to anyone who is in need, as long as they can travel to our centre or are funded through a grant or school/employer. We can work with a variety of problems including relationship issues, bereavement, stress, anxiety, depression, crisis situations, anger issues, bullying etc.

Where are your services based?

Our centre is based in Nuneaton. However we focus our work in Nuneaton, Bedworth and North Warwickshire.

Our project to offer Anger Awareness courses also covers Rugby residents but they must travel to Nuneaton to participate in the courses.

We will offer counselling to anyone who is in need outside of these geographical areas, providing that they can travel to our premises.

Who are they for?

Adults:

- One to one counselling in the centre and through projects
- Anger Awareness Courses
- Befriending – Orbit Residents

Children and young people:

- One to one counselling
- One to one counselling through therapeutic play, creative interventions, movement psychotherapy, groups (as requested)

Families – limited service

Couples – limited service

Community – training, Clinical Supervision, Workshops

Are there any costs? YES, unless project funded - see below

Additional information:

Free provision:

Anger courses – funded through the Police and Crime Commission

Orbit counselling and befriending support – Funded through Orbit Group

20 hours a week of children's counselling for families on benefits or low incomes – Funded through Children In Need

Early Help counselling – Coventry and Warwickshire Partnership Trust

Schools Counselling – Contracts with individual schools

Warwickshire Police

Address	Warwickshire Justice Centre, Newbold Terrace, Leamington Spa CV32 4EL		
Contact Name	Detective Inspector Jacqueline McBrearty		
Email address	Jacqueline.mcbrearty@warwickshire.pnn.police.uk		
Telephone	07816 221144	Website	www.warwickshire.police.uk

What mental health support services do you provide?

We notify Mental Health Services of any incidents that occur which the police may deem necessary and appropriate for interventions from the Mental Health Services. We also provide relevant and proportionate responses to requests for information.

Where are your services based?

Multi-Agency Safeguarding Hub (MASH), Saltisford, Warwick

Who are they for?

The residents of Warwickshire/the public.
Agencies which form part of an Information Sharing Agreement.

Are there any costs? NO

Warwickshire Pride

Address	80 Spinney Hill, Warwick, Warwickshire CV34 5SP (for correspondence only)		
Contact Name	Daniel Browne		
Email address	info@warwickshirepride.co.uk		
Tel:	07580 532659	Website	www.warwickshirepride.co.uk

What mental health support services do you provide?

Advice, support and guidance for lesbian, gay, bisexual and transgender people, as well as other sexual and gender diverse minorities (LGBT+). This is provided via a range of support services and activities for LGBT+ people across Warwickshire, including:

- Proud Youth – a weekly LGBT+ youth group
- Proud Parents – a monthly group for parents, families, and carers of LGBT+ people
- No Barriers – a monthly social group for LGBT+ people with learning disabilities
- TransTogether – a monthly social group for trans people
- Proud – a monthly support group for LGBT+ people
- Pride Sports Club
- Telephone and email support
- LGBT+ awareness training for professionals
- Trans awareness training for professionals
- LGBT+ awareness workshops for young people at schools, colleges, and youth clubs
- Trans awareness workshops for young people at schools, colleges, and youth clubs
- Consultancy
- Advocacy
- Research
- Coffee socials
- Warwickshire Pride Presents – A monthly LGBT+ film night
- The Warwickshire Pride Festival

Where are your services based?

The charity operates across the whole of Warwickshire. Specific services and activities are based as follows:

- Proud Youth takes place on Thursdays from 6:00pm – 8:00pm at the Jephson Gardens in Leamington Spa.
- Proud Parents takes place on the first Saturday of each month from 12:00pm – 2:00pm at Zou Bisou café in Leamington Spa.
- No Barriers takes place on the first Monday of each month from 12:00pm – 2:00pm at Zou Bisou café in Leamington Spa.
- TransTogether takes place on the first Saturday of each month from 2:00pm – 4:00pm at Bedford Street Bar in Leamington Spa.
- Proud takes place on the second Saturday of each month from 11:00am – 1:00pm at Foundation House in Stratford-upon-Avon.
- The Pride Sports Club takes place fortnightly on a Wednesday evening in Leamington Spa.
- LGBT+ and trans awareness training and workshops take place county-wide.
- Coffee socials take place once a month at a weekend in Leamington Spa, Stratford-upon-Avon, Rugby and Nuneaton.
- Warwickshire Pride Presents takes place once a month at the Picturehouse cinema in Stratford-upon-Avon.

The Warwickshire Pride festival takes place in August each year at the Pump Room Gardens in Leamington Spa.

Who are they for?

Primarily LGBT+ people but we also work with parents, families, and carers of LGBT+ people, as well as many external organisations that wish to support the LGBT+ community.

Are there any costs? NO

Warwickshire Reminiscence Action Project (WRAP)

Address	Foundation House Masons Road Stratford upon Avon Warwickshire CV37 9NF		
Contact Name	Mike Strophair		
Email address	Wrap1@hotmail.co.uk		
Telephone	01789 261061	Website	www.reminiscence.org.uk

What mental health support services do you provide?

Dementia information via our LAALO programme "Looking after a loved one" one morning a week for six weeks - free programme for carers looking after a loved one living with dementia.

Accredited Reminiscence Training for professionals.

Resource Centre full of artefacts from the past working with the five senses.

Dementia cafés Bishopton and Wellesbourne

Day care on Thursday mornings at Briarcroft, Stratford-upon-Avon.

Where are your services based?

Various places around the county.

Who are they for?

Carers and for people living with dementia, plus all working within the care industry and education.

Are there any costs? YES – only for day care and reminiscence training.

Additional information:

Further information is available on our website. www.reminiscence.org.uk

Warwickshire Safe Haven Service

Address	To be confirmed		
Email address	safehaven@cwmind.org.uk		
Telephone	02477 714554	Website	tbc

What mental health support services do you provide?

The Safe Haven aims to support people who are feeling distressed and overwhelmed and is available during the evenings (including weekends) when other forms of support are often closed.

For Warwickshire, a new Safe Haven service will be delivered by **Coventry and Warwickshire Mind** which can be accessed from **2nd April 2020** via phone or email.

The service will be open between **6pm and 11pm** initially on **Thursday, Friday, Saturday and Sunday evenings**. The service will scale up in coming months to a full 7 days a week provision and we will keep you informed of progress. Due to the COVID-19 outbreak face to face support will not currently be available for this service.

Where are your services based?

No details of venues are currently available.

Who are they for?

Anyone who is feeling distressed and overwhelmed

Are there any costs? NO

Additional information:

More information will be added as it becomes available.

Warwickshire Wellbeing Service (Carers Trust Heart of England)

Address	Lawford Road, Rugby CV21 2DZ		
Contact Name	Michelle Cooke		
Email address	Michelle.cooke@carerstrusthofe.org.uk		
Telephone	02476 632972 (option 2)	Website	www.carerstrusthofe.org.uk

What mental health support services do you provide?

We help carers in a number of ways:

- Offering a Wellbeing Check – an opportunity to talk through your individual situation and help you plan to deal with your caring role while maintaining your own wellbeing
- Identifying, or providing, support groups, to put you in touch with other carers either face-to-face or virtually
- Emotional support
- Emergency Card
- Providing up-to-date information about local services and how to access them
- Sending out regular e-bulletins
- Providing information and advice about issues that concern family carers, including:
 - Money and benefits
 - National and local organisations offering information and support
 - Local health and social care services
 - Relief care
 - Aids and adaptations
 - Your rights at work

Where are your services based?

Our office is based in Rugby. However our services are provided throughout the county of Warwickshire.

Who are they for?

We offer support to any unpaid adult carer supporting another adult with mental health needs.

Are there any costs? NO

Additional information:

Referrals can be made to our service either directly by the carer or by a health professional.

Telephone our office on 024 76 10 10 40 (Option 4).

Visit our website www.carerstrusthofe.org.uk where you can complete an online referral form.

Email us at carerssupport@carerstrusthofe.org.uk

Warwickshire Wildlife Trust

Address	Brandon Marsh Nature Centre, Brandon Lane, Coventry CV3 3GW		
Contact Name	Amanda Evans – Development Director/Faye Irvine – Wildlife Engagement Officer		
Email address	amanda.evans@wkwf.org.uk faye.irvine@wkwf.org.uk		
Telephone	02476 302912	Website	www.warwickshirewildlifetrust.org.uk

What mental health support services do you provide?

Green and Healthy Ufton - <https://www.warwickshirewildlifetrust.org.uk/GHU> - community events and fortnightly hands on practical sessions at Ufton Fields Nature Reserve (near Southam) to encourage local people to get out and get active.

Volunteering - <https://www.warwickshirewildlifetrust.org.uk/volunteer>

Where are your services based?

We manage over 65 nature reserves across Warwickshire, Coventry & Solihull. Brandon Marsh Nature Centre on the outskirts of Coventry is our HQ, with our other visitor centre based in Brueton Park, Solihull.

Green and Healthy Ufton - Ufton Fields Nature Reserve near Southam/Leamington Spa.

Volunteering - **countywide**

Who are they for?

Green and Healthy Ufton - Over 18s.

Volunteering - Over 18s.

Are there any costs? NO

Additional information:

Green and Healthy Ufton - Practical conservation taster sessions will run fortnightly on Tuesday mornings (10am - 1pm). If you live locally and are keen to try something new we would love to hear from you. Everyone is welcome and no time commitment is required. To find out more or to sign up to a taster session please contact Faye Irvine, Wildlife Engagement Officer on faye.irvine@wkwf.org.uk.

Your free taster sessions:

9th & 23rd July; 6th & 20th Aug; 3rd & 17th Sept; 1st, 15th & 29th Oct; 12th & 26th Nov; 10th Dec; 21st Jan 2020; 4th & 18th Feb 2020; 3rd March 2020.

Way Ahead Project at Salvation Army (WAP)

Address	Chapel Street, Leamington Spa, CV31 1EJ
Contact Name	Yvonne McKinnon
Email address	Yvonne.mckinnon@salvationarmy.org.uk
Telephone	01926 883613

What mental health support services do you provide?

Five mornings a week the WAP is open for all who need food, a hot drink, a shower, company, and a listening ear. Advice from trained and experienced staff and volunteers. Contact with many other agencies for referrals, including housing options, drug and alcohol agencies, mental health, counselling. Activities such as cooking, CSCS (Construction Card Qualification), IT, gardening, local walks, discussion forums, art, and help with computing and job search are offered according to individual need and a mentoring scheme is in place.

Where are your services based?

Leamington Spa – the Salvation Army Church in Chapel Street, in a dedicated annexe there. The hours are 9.30am -11.30am Mon, Wed, Thurs, Fri and Sat. The team do help in other ways when appropriate as an alternative – to help known visitors with getting their homes in shape or support families in other ways.

Who are they for?

Homeless or vulnerably-housed people or those with issues such as mental health, drug and alcohol, family problems, or those looking for work.

Are there any costs? NO

Wellbeing for Warwickshire

Contact Name	Fiona Palmer		
Email address	wbw@cwmind.org.uk		
Telephone	02477 712288	Website	www.cwmind.org.uk/wbw

What mental health support services do you provide?

Wellbeing for Warwickshire Wellbeing Hubs provide low level/early intervention support services aiming to enhance the mental health and wellbeing of individuals aged 16 years and over and support people with on-going mental health issues living in Warwickshire.

There are 7 wellbeing hubs throughout Warwickshire: Bedworth, Leamington, North Warwickshire, Nuneaton, Rugby, Stratford and Warwick. Each hub provides:

Walk-in - The opportunity to have a chat with our trained volunteers and wellbeing practitioners or simply browse our available information and support resources. It is also possible to talk in private for up to 20 minutes with one of our experienced wellbeing practitioners.

Peer led drop-in - open for 3 hours twice-weekly, no appointment is needed. The opportunity to socialise with others in a safe environment and join in any activities if interested. Light refreshments available at reasonable prices (*for 18 years and over*)

One-to-one sessions – Up to 6 sessions for anyone wanting support who is experiencing a time of emotional distress. The wellbeing practitioner will help identify and address the causes of the distress. Support includes practical problem solving, action planning, self-help strategies and information giving.

or

Up to 8 sessions for anyone with ongoing mental health needs, supporting personal recovery. The wellbeing practitioner will offer support to improve self-management & coping skills, build on resilience, identify goals, interests and aspirations, explore options to move forward and to enjoy personal growth. Included in this service is the option for a lifestyle check & physical health improvement support.

Community Outreach - The service is taken out into the community throughout Warwickshire two or three times a week, to raise awareness of the support available and mental health, to promote wellbeing, and to connect with people who may need support.

Workshops - Our one-off workshops offer individuals with mental ill health and/or low mental wellbeing the opportunity to take part and learn more about ways to manage their own mental and physical wellbeing. The interactive sessions are structured to the needs of the group. Wellbeing for Warwickshire can also offer sessions for existing community groups reflecting the 5 Ways to Wellbeing.

Where are your services based?

We have Wellbeing Hubs in Bedworth, Leamington, North Warwickshire, Nuneaton, Rugby, Stratford-on-Avon, Warwick, and outreach services throughout Warwickshire.

Who are they for?

Our Wellbeing Hubs provide low level/early intervention support services aiming to enhance the mental health and wellbeing of individuals aged 16 years and over and support people with on-going mental health issues living in Warwickshire.

Are there any costs? NO

Additional information

Wellbeing for Warwickshire is delivered through a partnership between Coventry and Warwickshire Mind and Springfield Mind, and is commissioned by Public Health Warwickshire.

The Willows Project Ltd

Address	Canalside Community Food, Southam Road, Radford Semele, Leamington Spa, CV33 9PF
Contact Name	Vanessa Ainscow
Email address	thewillowsproject@gmail.com
Website	www.thewillowsproject.org.uk

What mental health support services do you provide?

We have been running for 6 years, operating as a care farm.

We provide opportunities for people to enjoy farm-based activities, growing fruit, vegetables, and learning natural crafts, and to be part of a small scale enterprise (growing cut flowers) in a relaxed rural environment.

The aim of the Willows Project is to engage socially excluded people with the restorative process of growing plants and reconnecting with the land and other people.

Where are your services based?

We are based on a working farm and food project just outside of Radford Semele. The site is easily accessed from Leamington and Warwick.

Who are they for?

Our services are aimed at vulnerable people who have an interest in being outdoors and working on the land.

Are there any costs? Sometimes

Index of organisations focusing on different service provision:

Prevention

Achieving Results in Communities (ARC CIC)
Big White Wall
Brunswick Hub
Channelling Energies
Citizens Advice North Warwickshire
Citizens Advice South Warwickshire
Coventry & Warwickshire Mind
Coventry and Warwickshire Partnership Trust
Escape Arts
Fitter Futures Warwickshire
The Gap Community Centre
Garden Organic
Innovating Minds CIC
The Kaleidoscope Plus Group
Lifespace Trust
Making Space
Mental Health Matters Helpline
Newpath Ventures
PAPYRUS – Prevention of Young Suicide
PAPYRUS HOPELINEUK
The Parenting Project
Relate Coventry and Warwickshire
Rethink Mental Illness
RISE
RoSA
Rubbish Friends
Safeline
Sharp Minds
SOS Silence of Suicide
Springfield Mind
SSAFA The Armed Forces Charity
Sydenham Neighbourhood Initiatives
Together for Mental Wellbeing
Way Ahead Project Salvation Army
Warwickshire Community Wellbeing with Turning Point
Warwickshire Counselling Centre t/a Sycamore Counselling Service
Warwickshire Police
Warwickshire Pride
Warwickshire Reminiscence Action Project
Warwickshire Safe Haven

Early intervention

Alzheimer's Society
Channelling Energies
Citizens Advice North Warwickshire
Citizens Advice South Warwickshire

Early intervention continued

Coventry & Warwickshire Mind
Coventry and Warwickshire Partnership Trust
Creative Support
Fitter Futures Warwickshire
Flourish
Innovating Minds CIC
Leamington Night Shelter
Making Space
Mental Health Matters
PAPYRUS – Prevention of Young Suicide
PAPYRUS HOPELINEUK
Parents in Mind NCT
Rethink Mental Illness
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SOS Silence of Suicide
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SSAFA The Armed Forces Charity
Together for Mental Wellbeing
Warwickshire Counselling Centre t/a Sycamore Counselling Service
Warwickshire Reminiscence Action Project
Warwickshire Safe Haven Service
Wellbeing for Warwickshire

Crisis

Advance
Citizens Advice South Warwickshire
Coventry and Warwickshire Partnership Trust
Flourish
Leamington Night Shelter
PAPYRUS HOPELINEUK
Rethink Mental Illness
Safeline
Samaritans
SOS Silence of Suicide
Springfield Mind
SSAFA The Armed Forces Charity
St Mary's Church
Warwickshire Counselling Centre t/a Sycamore Counselling Service
Warwickshire Police
Warwickshire Pride

Recovery

Age UK Coventry & Warwickshire
Brunswick Hub
Change Grow Live
Channelling Energies
Coventry and Warwickshire Partnership Trust
Guy's Gift
Innovating Minds CIC

Recovery continued

The Kaleidoscope Plus Group
Longhurst Group
Making Space
Mental Health Matters
New Hope Counselling
Newpath Ventures
Recovery & Wellbeing Academy
Relate Coventry and Warwickshire
Rethink Mental Illness
RoSA
Rubbish Friends
Safeline
SOS Silence of Suicide
Springfield Mind
SSAFA The Armed Forces Charity
St Mary's Church
Together for Mental Wellbeing
Warwickshire Counselling Centre t/a Sycamore Counselling Service
Warwickshire Pride

Ongoing support

Advance
Age UK WCoventry & Warwickshire
Alzheimer's Society
Big White Wall
Bipolar UK
Brunswick Hub
Change Grow Live
Channelling Energies
Citizens Advice South Warwickshire
Coleshill and Water Orton Memory Café
Coventry & Warwickshire Mind
Coventry and Warwickshire Partnership Trust
Farming Community Network (FCN)
Flourish
Garden Organic
Guy's Gift
Healthwatch Warwickshire
Improving Access to Psychological Therapies (IAPT)
Innovating Minds CIC
Jobcentre Plus
The Kaleidoscope Plus Group
Longhurst Group
KeyRing
Leamington Night Shelter
Lifeways
Making Space
Mental Health Matters
Myton Hospice
New Hope Counselling
North Warwickshire Counselling Service

Ongoing Support continued

Parents in Mind NCT
Recovery & Wellbeing Academy
Relate Coventry and Warwickshire
Rethink Mental Illness
RISE
Rubbish Friends
RoSA
Safeline
Samaritans
The Shakespeare Hospice
Sharp Minds
SOS Silence of Suicide
Springfield Mind
SSAFA The Armed Forces Charity
St Mary's Church
Survivors of Bereavement by Suicide
Together for Mental Wellbeing
Warwick District Foodbank
Warwickshire Community Wellbeing with Turning Point
Warwickshire Counselling Centre t/a Sycamore Counselling Service
Warwickshire Pride
Warwickshire Safe Haven Service
Way Ahead Project Salvation Army
Wellbeing for Warwickshire
The Willows Project Ltd

Any other types of support

Advance
Alzheimer's Society
Books on Prescription
Brunswick Hub
Coleshill and Water Orton Memory Café
Coventry & Warwickshire Mind
Equality and Inclusion Partnership (EQUIP)
Flourish
The Gap Community Centre
Healthwatch Warwickshire
Innovating Minds CIC
Job Centre Plus
Making Space
Newpath Ventures
North Warwickshire Counselling Service
PAPYRUS – Prevention of Young Suicide
The Parenting Project
RISE
Safeline
Springfield Mind
SSAFA The Armed Forces Charity
St Mary's Church
Survivors of Bereavement by Suicide
Together for Mental Wellbeing

Any other types of support continued

Voiceability

Warwickshire Reminiscence Action Project

Warwickshire Wellbeing Service (Carers Trust Heart of England)

Warwickshire Wildlife Trust

Index of Organisations by Geographical Area:

North Warwickshire Borough

Advance

Coleshill and Water Orton Memory Café

Longhurst Group

Myton Hospice

North Warwickshire Citizens Advice

Warwickshire Counselling Centre t/a Sycamore Counselling Service

Nuneaton and Bedworth Borough

Longhurst Group

The Parenting Project

Warwickshire Counselling Centre t/a Sycamore Counselling Service

Rugby Borough

Advance

Longhurst Group

Myton Hospice

Warwickshire Counselling Centre t/a Sycamore Counselling Service (anger courses only)

Stratford-on-Avon District

Advance

Citizens Advice South Warwickshire

Lifespace Trust

Lifeways

New Hope Counselling

The Parenting Project

Stratford-on-Avon District continued

Rubbish Friends

Samaritans

The Shakespeare Hospice

Sharp Minds

Springfield Mind

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Warwick District

Achieving Results in Communities (ARC CIC)

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Brunswick Hub

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Flourish

The Gap Community Centre

Leamington Night Shelter

Myton Hospice

New Hope Counselling

The Parenting Project

Parents in Mind NCT

Samaritans

Sharp Minds

Springfield Mind

St Mary's Church

Sydenham Neighbourhood Initiatives

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Warwick District continued

Way Ahead Project at Salvation Army (WAP)

The Willows Project Ltd

Countywide

Age UK Coventry & Warwickshire

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The Farming Community Network (FCN)

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Guy's Gift

Healthwatch Warwickshire

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Innovating Minds CIC

Jobcentre Plus

The Kaleidoscope Plus Group

KeyRing

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PAPYRUS – Prevention of Young Suicide

PAPYRUS HOPELINEUK

Recovery & Wellbeing Academy

Relate Coventry and Warwickshire

Rethink Mental Illness

RISE

RoSA (Rape or Sexual Abuse Support)

Safeline

SOS Silence of Suicide

SSAFA The Armed Forces Charity

Survivors of Bereavement by Suicide

Together for Mental Wellbeing

VoiceAbility

Warwickshire Community Wellbeing with Turning Point

Warwickshire Police

Warwickshire Pride

Warwickshire Safe Haven Service

Warwickshire Wellbeing Service (Carers Trust Heart of England)

Warwickshire Wildlife Trust

Wellbeing for Warwickshire