



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 However, we cannot guarantee this and inevitably, over time, some information may become out of date.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.

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WARWICKSHIRE COMMUNITY AND VOLUNTARY ACTION

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www.warwickshire.gov.uk/directory

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

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

www.reachwellbeing.com

<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/

Online Support

www.elefriends.org.uk

www.bigwhitewall.com

Children and Young People

www.cwrise.com/home

www.childline.org.uk

www.youthaccess.org.uk

www.youthwellbeing.co.uk

Children and Young People continued

www.cwmind.org.uk/journeys

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>

Self-Harm

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

www.selfharm.co.uk

Eating Disorders

www.b-eat.co.uk

<http://mengetedstoo.co.uk/>

www.covwarkpt.nhs.uk/service-detail/health-service/eating-disorder-service-adults-79

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

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

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 in a woodland setting: Be Active; Keep Learning; Connect; Give and Take Notice. Sessions involve a mix of woodland maintenance, crafts, eating together, socialising and mindfulness. These are drop on sessions. Tuesdays from 10am till 3pm. Foundry Wood, Princes Drive, Leamington Spa, CV31 3PH. Free.

Transform @ Tallis Wood is an 8 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. Wednesdays 10am till 3pm. Free. See website for referral form.

Packington Place Pocket Park: a group of volunteers meets 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: a group of volunteers meets every Thursday from 2pm till 4pm for gardening and upkeep of this small park (CV31 1HP). Free.

The Way Ahead Project @ The Salvation Army: ARC are facilitating the development of a small garden in the entrance to the homeless project. Fortnightly sessions on Thursdays 10am till 12pm. 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 which 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 really 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 Warwickshire

Psychological Support Services

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

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 - contact the office for more information.

Signing 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 on Tuesdays at **Brunswick Hub, Leamington Spa from 10.15am – 11.45am**

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	Evergreen House, Grafton Place, London, NW1 2DX		
Contact Name	Jessica Smith		
Email address	Jessica.smith@bigwhitewall.com		
Telephone	02036 911966	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, and they should choose the UK Armed Forces option in the 'join now' area.

Bipolar UK

Address	11 Belgrave Road, London SW1V 1RB		
Contact Name	Rosie Phillips		
Email address	rphillips@bipolaruk.org		
Telephone	0333 323 3880	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?

Local Support Group is in Coventry
The Koco Building
The Arches Industrial Estate
Spon End
Coventry
CV1 3JQ

Who are they for?

Anyone over 18 affected by Bipolar including friends, family and carers.

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.

Bipolar UK - Coventry Self Help Group

Purpose: 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.

Opening Times: 2nd Monday of every month, 7:00-9:00pm

Telephone: [0333 323 3880](tel:03333233880)

Address: The Koco Building
The Arches Industrial Estate
Spon End
Coventry
CV1 3JQ

[View Location in Google maps](#)

Fax:

Email: info@bipolaruk.org

Web Site: www.bipolaruk.org

Areas Covered:

Coventry

Services Provided: Mental Health , Carers Services

All Client Groups: No

Client Groups: Mental Health Problems (People With), Carers, Families/Parents

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/books-onprescription

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 or 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 but membership is eligible to all those who live and/or work in Warwickshire and the immediate surrounding counties.

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 offered to the local community. We can provide meeting space for one-to-one meeting or for group activities which are often used as a base by mental health workers of other organisations to enable them to meet with clients.

Change Grow Live

Address	16 Court Street, Leamington Spa CV31 2BB		
Contact Name	Kirsty Mason		
Email address	Warwickshire.info@cgl.org.uk		
Telephone	01926 353513	Website	https://www.changegrowlive.org/content/change-grow-live-warwickshire

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 and supported access to mutual aid. Support in accessing training, employment and housing will also be available

Where are your services based?

Our services are based in three locations across Warwickshire:

16 Court St
Leamington Spa
Warwickshire
CV31 2BB

37 - 38 Coton Road
Nuneaton
Warwickshire
CV11 5TW

Moriarty's Café
28 Regent Street
Rugby
CV21 2PS

Who are they for?

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

Are there any costs? NO

ChangeX

Address	Foundation House, Masons Road, Stratford upon Avon CV37 9NE
Contact Name	Trevor Preston
Email address	trevornessa@live.co.uk
Telephone	07594 163577

What mental health support services do you provide?

We provide a friendly, informal space where people can drop in each Tuesday morning between 10am and 12 noon to exchange unwanted CDs/DVDs for a few pence, buy second-hand CDs/DVDs v cheaply, chat over a cup of tea and feel comfortable if you want to talk about issues such as mental health, anxiety, isolation etc.

We have a schedule of external agencies who attend on a rota basis such as Citizens Advice, Orbit, Springfield Mind, Jobcentre Plus, Mencap etc. for advice and practical help.

Where are your services based?

Foundation House, Masons Road, Stratford upon Avon CV37 9NE

Who are they for?

Everyone

Are there any costs? YES – minimal costs

Additional information

We are hoping to extend the services available in June/July 2018 – please contact us for details.

Citizens Advice South Warwickshire

Address	25 Meer Street, Stratford upon Avon CV37 6QB		
Contact Name	Sarah Brewster		
Email address	Sarah.brewster@casouthwarwickshire.org.uk		
Telephone	01789 200180	Website	www.casouthwarwickshire.org.uk

What mental health support services do you provide?

We support people with advice for their living and practical issues; from housing, benefits and financial support to employment and consumer issues.

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?

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

There will be 5 community hubs across Warwickshire where CWPT and CW Mind staff will be 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 will run from each hub, 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 will be providing 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.

We provide a looked-after children's service providing 1:1 therapeutic support to children who are fostered, in residential care, adopted, who are 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?

Community hubs 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) which people can self-refer to. 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, to 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 on line 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 County.

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?

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

Escape is a charity based in Warwickshire with a core belief that enhancing people's lives strengthens our communities. Escape uses a unique model of participatory arts and heritage activity to respond to social, health, educational and wellbeing needs, through integrated sessions, health initiatives and targeted interventions. This offers inclusive access to high quality, hands-on creative activity to address isolation and empower individual achievement, progression and recognition.

An established programme of locally-led, weekly creative workshops across Warwickshire offers participants a regular routine in a friendly and safe environment, directly supporting those who find themselves marginalised within their community. In addition, Escape has an established track record of delivering tailor-made outreach projects to many partnership organisations throughout the local area. Our projects create opportunities for individuals of all ages and abilities to engage in creative activities, make new friends and share experiences, thus providing a stimulus to keep people active, motivated and involved in community life.

Where are your services based?

We are based at Stratford's Heritage and Arts Centre, The Old Slaughterhouse in Stratford upon Avon, but also run regular ongoing outreach projects in Nuneaton, Atherstone and Clifford Chambers.

We have also run 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 our toddler creative art and stories group, children and young people multi-media projects, adult drop in community art workshops 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**Additional information**

Please e mail info@escapearts.org.uk for any 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.

Families First Charity

Address	19 – 20 North Street, Rugby CV21 2AG		
Contact Name	Wendy Huckle		
Email address	wendy.huckle@familiesfirstcharity.org.uk		
Telephone	01788 537112	Website	www.familiesfirstcharity.org

What mental health support services do you provide?

Emotional support for women who have experienced domestic violence.

Where are your services based?

Rugby

Who are they for?

Women who have experienced domestic violence

Are there any costs? YES

Additional information

We offer ongoing emotional support to women who have experienced domestic violence. This can be useful for those who are awaiting more clinical support through Adult Mental Health Services. We also run groups for women survivors including understanding domestic violence and healthy relationships to assist with recovery and to help women move forward.

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	karenfcnworks@gmail.com National Office: mail@fcn.org.uk e-helpline: chris@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: chris@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; FCN volunteers do not evangelise and supports those of all faiths and none.

Fitter Futures Warwickshire

Address	92 Wheat Street, Nuneaton CV11 4BH
Contact Name	Luke Butler – Fitter Futures Manager
Email address	Luke.butler@nbleisuretrust.org

What mental health support services do you provide?

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

The service is for Service users with mental health issues such as stress, depression etc. who can be referred to the services by a health/social care professional or pharmacist.

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?

Across Warwickshire

Who are they for?

As above

Are there any costs? YES

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 or by calling 024 7640 0594

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.

Friendship Care & Housing (Domiciliary)

Address	Queens Road Well Being Station, 181 – 183 Queens Road, Nuneaton CV11 5NB		
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

Friendship Care & Housing (Residential)

Address	46 Romsey Avenue, Nuneaton CV10 0DR		
Contact Name	Sandra Shaw		
Email address	sandra.shaw@longhurst-group.org.uk		
Telephone	02476 848143	Website	www.fch.org.uk

What mental health support services do you provide?

24 hour Housing with specialist support.

Where are your services based?

Nuneaton, Warwickshire

Who are they for?

Adults only

Are there any costs? YES

Additional information

At Romsey & Winchester Avenue, we combine a range of housing options with a high level of support for people experiencing acute mental health

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 who 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? NO

Additional information

We are able to signpost to specialist organisations who 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

GRaCE Mental Health

Address	60 Leam Terrace, Leamington Spa, Warwickshire, CV31 1BQ		
Contact Name	Ann Adams		
Email address	a.e.adams@warwick.ac.uk		
Telephone	07542849857 or 07847550603	Website	www.egrist.org

What mental health support services do you provide?

The GRaCE Mental Health website and particularly its myGRaCE software for service users and their supporters. This helps them to self-assess and self-manage their wellbeing, personal safety and any risks associated with their mental health problems. myGRaCE gives interactive advice, points people towards other sources of information and help in the community, and supports self-management planning.

The Grace Café is an independent organisation from GRaCE Mental Health but helps people use the myGRaCE software as part of its service. The café supports people experiencing loneliness, isolation, anxiety, low mood and any other mental health problems. It offers a listening ear, friendship, acceptance, peer support and puts people in touch with other community activities and sources of help. Through our arts and crafts-based programme we aim to promote people's self-esteem and confidence in their own abilities and skills; particularly in self-managing their problems and in making positive changes in their lives.

Where are your services based?

The Grace Café takes place in Leamington Spa at the Café Within, All Saints Parish Church, Victoria Terrace, CV31 1GF. We are there between 10.30am and 1pm on Wednesdays.

myGRaCE is accessible online at www.egrist.org

Who are they for?

For anyone in the community, be they a mental health service user or a carer, family member or friend of someone who is a service user. The idea behind myGRaCE is to disseminate mental health professionals' expertise to those who do not have specialist mental health training, but who are nonetheless dealing with or managing either their own or someone else's mental health problems.

We aim to equip and empower people with knowledge and understanding, to support them in self-managing their mental health problems, wellbeing, personal safety and risk. We also aim to equip people to be better able to communicate their needs and concerns in professional encounters, and to have more of a say in decisions about their personal safety status and any care they need.

Are there any costs? NO – not for service users, friends, family or carers

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.

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

Independent Advocacy Mental Health

Address	Avenue R, Stoneleigh Park, Warwickshire, CV8 2LG		
Email address	office@independentadvocacy.org		
Telephone	02476697443	Website	www.independentadvocacy.org

What mental health support services do you provide?

Mental health advocacy – statutory and generic.

Where are your services based?

Stoneleigh Park – Coventry, Warwickshire, Solihull

Who are they for?

Mental health service users

Are there any costs? NO

Innovating Minds CIC

Address	Tyler House, Tyler Street, Stratford upon Avon CV37 6TY		
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 works 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 work with children and adults (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 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/Dave Pickard
Email address	info@kaleidoscopeplus.org
Telephone	0121 565 5605

What mental health support services do you provide?

The Kaleidoscope Plus Group are facilitating a **Suicide Bereavement Support Service**, across the whole county of **Warwickshire**. The service has been funded by Warwickshire County Council through the Public Health and Strategic Commissioning team.

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**.

Where are your services based?

Our social support groups are based across the whole of the county in accessible community venues.

Who are they for?

Anybody who lives, works or has a registered GP who are over the age of 18, who have been bereaved or affected by suicide.

Are there any costs? NO

KeyRing

Address	Unit 21, St Olavs Court, City Business Centre, Lower Road, London SE16 2XB		
Contact Name	Maria Beale		
Email address	Maria.beale@keyring.org		
Telephone	07950 786032	Website	www.keyring.org

What mental health support services do you provide?

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

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?

The whole of Warwickshire.

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.

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 age 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 -19 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 oppose to what is 'wrong' with them.

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

We are also able to deliver a range of bespoke training course e.g. resilience, mindfulness and managing stress.

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 9-19

Are there any costs? YES

Lifeways

Address	30, Albany Road, Stratford-upon-Avon, Warwickshire CV376PG		
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, 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.

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) http://www.makingspace.co.uk/our-services/warwickshire-co-production-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

Address	MHM run a Mental Health Helpline for Coventry & Warwickshire, but are not locally based.		
Contact Name	Call 0191 516 3555 and speak to Samantha Hirst, Aaron Wright, Victoria Smith or Brian Hawthorne (MHM Helpline Managers)		
Email address	For Service Users: amessage@mhm.org.uk		
Telephone	Freephone:0800 616 171 (for service users)	Website	www.mentalhealthmatters.com

What mental health support services you provide?

24 hr Helpline

Telephone and email support for people experiencing mental health issues. We also offer support for carers and can provide information and advice for professionals.

We work closely with crisis and home treatment teams and IAPT teams and can act as a triage service, making and taking referrals.

If you are hearing or speech impaired, you can dial 18001 before the Helpline number to use Text Relay Services.

A 'Language Line' service is available for users whose first language is not English.

Where are your services based?

Coventry & Warwickshire

Who are they for?

Anyone over the age of 16

Are there any costs? NO (although some phone service providers may charge for the freephone number and text services).

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 and into bereavement. Our Service supports adults and children/ young people. Dependent on capacity professional referrals will be considered on an individual basis (i.e. MacMillan, GP's, 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). These patients have advanced life- limiting conditions (including Motor Neurone disease) and who are registered with a Coventry or Warwick GP.

The service is supported by qualified counsellors and provides student placements in the last year of training.

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

Rainbow Ripples supports children 5 years – 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, GP's.

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. EG: Relationship problems (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 and 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.

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.

Are there any costs? YES

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.

We are a Registered Charity.

P3

Address	128 Abbey Street, Nuneaton, CV11 5BZ		
Contact Name	Esther Barrett, Tina Gregory, Henry Webster		
Email address	warks@p3charity.org		
Telephone	08081646220	Website	www.p3charity.org/

What mental health support services do you provide?

We provide Warwickshire-wide generic housing-related support. Our service provides support to people who need help to maintain a tenancy and are at risk from losing it due to debt, arrears or other circumstances. We help people to maximise their benefit entitlements and work in partnership with specialist agencies such as Citizens Advice, Job Centres & Warwickshire Welfare Rights to ensure people are given the right information. We work closely with all Warwickshire's District Councils to help people to understand their housing entitlements. Our service is not a specialist mental health provision although we work with people with low level mental health issues. We operate within a housing-related support framework with other providers including Together, who provide specialist support for people with more severe and enduring mental health issues.

We offer floating support across Warwickshire. This consists of short-term support to enable people to remain independent in their own homes or to find accommodation that meets their needs. We have Hubs in both Rugby and Nuneaton that allow people ad hoc support around housing concerns. To help us cover the whole county we also provide mobile advice through MAVIS (Mobile Advice Vehicle Information Support).

Our service also offers Street Outreach to people who are rough sleeping. We carry out early morning outreach sessions in Rugby, Leamington Spa, Warwick, Stratford-upon-Avon, Nuneaton and Bedworth.

Where are your services based?

Our services stretch over the whole of Warwickshire with hubs and drop-ins available to create an easily accessible and flexible service for everyone.

Nuneaton Hub-

Location: 128 Abbey Street CV11 5BZ.

Opening times: Monday, Wednesday and Friday 10am-2:30pm

.....continued overleaf

Rugby Hub-

Location: The Robbins Building, Unit 5, Henry Street CV21 2QA.

Opening Times: Monday, Tuesday, Thursday, Friday 10am-2pm

Stratford Drop-in-

Location: Stratford Hospital, Building One, Café Lomas, CV37 6NX

Opening times: 1pm-4pm Wednesday.

Leamington Drop-in-

Location: The Recovery Partnership, 16 Court Street, Leamington Spa CV31 2BB

Opening times: 10:30am-12:30pm Thursday.

Location: Riverside House, Milverton Hill, Leamington Spa, CV32 5HZ

Opening times: 1pm-4pm Thursday.

Who are they for?

We are able to work with anyone with a housing related support need. However, we signpost people with more profound disabilities, severe mental health/learning difficulties or sensory impairments to Together.

Are there any costs? YES

The Parenting Project

Address	1a Croft Court, Croft Lane, Temple Grafton B49 6PW		
Contact Name	Emma Tait		
Email address	Emma.tait@parentingproject.org.uk		
Telephone	01789 414807	Website	www.parentingproject.org.uk

What mental health support services do you provide?

The Parenting Project counselling service operates within the Warwickshire area and is easily accessible for families as the majority of our services run within the Parenting Project Children's Centres.

The aim of the service is to help mums/dads/carers of children (aged from pregnancy through to 19), explore issues they may be experiencing. Our service is safe and confidential and we are a British Association of Counselling and Psychotherapy (BACP) organisational member.

Although currently our work is with individuals we will also be providing therapeutic groups on mental health topics and issues. In addition, we also offer counselling placements to students in their qualifying years of study. All students are supported by way of training, safeguarding, inductions and team meetings.

Where are your services based?

Our counselling service operates within Parenting Project Children's Centres throughout South Warwickshire – Studley (outreach), Alcester, Welford (outreach), Stratford, Shipston (outreach), Southam (outreach), Wellesbourne (outreach), Lighthorne Heath and in 3 Barnardos Children's Centres in Leamington Spa.

We are also in Stockingford and St. Michaels Children's Centres in Bedworth and Nuneaton. Please email counselling@parentingproject.org.uk for further information regarding our locations and for any aspect of referral.

Who are they for?

Counselling can help with a variety of problems and can be of benefit when a person has become 'stuck' or troubled with their current situation. Our counselling service is for Parents/Carers who are experiencing emotional difficulties. Anybody who meets our criteria can be referred to our service, please contact us if you have any questions regarding this process.

Many issues/problems can be explored in counselling. These may include, but are not limited to, anxiety, depression, bereavement, trauma and domestic abuse. We also work with adult survivors of childhood abuse/neglect, relationship difficulties, pregnancy and birth issues, and parenting issues.

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, Health Visitors, Midwives, Social Workers, Citizens Advice, and The Perinatal Mental Health Services. However, referrals can be from anyone who may feel a client may benefit from counselling and people can also self-refer directly into the service.

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/professional/parents-in-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 a year old. Peer support is provided in groups and on a one-to-one basis.

Where are your services based?

Groups run in Leamington, Warwick and Coventry.

Who are they for?

Women who are pregnant or, at point of referral, have a baby under a year 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	Chris Sampson or Stacy Cooper		
Email address	pathways@cwmind.org.uk ; recovery.academy@covwarkpt.nhs.uk		
Telephone	024 76229988 or 0300 303 2626	Website	https://recoveryandwellbeing.covwarkpt.nhs.uk/

What mental health support services do you provide?

The Academy offers a learning approach to recovery and wellbeing that complements existing services provided by Coventry & Warwickshire Mind and Coventry & Warwickshire Partnership Trust in the county.

We offer a wide range of courses and workshops designed to empower people in recognising their skills, abilities and resources and learning to become experts in their own recovery and wellbeing.

Where are your services based?

At venues in Coventry, Nuneaton, Bedworth, Mancetter, Rugby, Stratford, Leamington, Warwick and elsewhere by arrangement.

Who are they for?

Anyone over the age of 18 living in Warwickshire.

Are there any costs? NO

Additional information

What are the aims of the Academy?

The Academy has been developed to support people in coping with the challenges of mental health issues in a positive way and in moving forward to fulfil their potential and achieve their goals in life. Our courses and workshops are designed to be informal, friendly and enjoyable and are delivered in safe, nurturing environments.

Who are the courses and workshops run by?

We aim to run courses and workshops that are produced and delivered in partnership with people who have their own experience of mental health issues. 'Lived Experience' is highly valued and perfectly complements the professional expertise and experience offered by Coventry & Warwickshire Mind staff.

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)

Professional 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	Yvonne Short		
Email address	cavendish.lodge@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 of 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 is 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 well-being 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 CAHMS)
- Neurodevelopment Service (conditions such as Autistic Spectrum Disorder, Attention Deficit Disorder)
- Primary Mental Health.

Where are your services based?

In Warwickshire, 5 community hubs will be set up, where families can access information, guidance and speak to a mental health colleague.

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

Safeline

Address	6a New Street, Warwick, Warwickshire, CV34 4RX		
Email address	office@safeline.org.uk		
Telephone	01926 402 498	Website	www.safeline.org.uk

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
- Dramatherapy
- Cyber Therapy (online, email and telephone counselling)
- National Telephone Helpline
- Practical and emotional support for survivors reporting the abuse/rape to the police
- Young people's projects with schools
- Training for professionals

Where are your services based?

Our main office is located in Warwick but we operate throughout Warwickshire and our helpline serves the Nationwide community.

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.

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.

The Children’s Bereavement Service provide:

- Support to children and young people aged 5 – 18 years when someone close to them has died or is seriously ill.
- Support to a child’s carers and family members.

Services include:

- One-to-one work with children and young people.
- Group support.
- Home visits.
- Training for professionals and volunteers.
- Telephone support for parents, carers and professionals.

Where are your services based?

At the Shakespeare Hospice.

Who are they for?

See above for Adult Counselling Service and 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.

Referrals for the Children’s Bereavement Service can be made by schools, GPs and other health professionals as well as self-referrals.

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 and 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 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, Saltisford Church Centre, Warwick

Wednesday evenings, 6pm – 8pm, Saltway Centre, Stratford-upon-Avon (in partnership with Targeted Support)

Thursday evenings, 6pm – 8pm, Lillington Youth Centre, Leamington

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@sossilenceofsuicide.org		
Telephone	07802 884984	Website	www.sossilenceofsuicide.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 'peoples' 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 whatsoever, 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 are 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 LGBT, 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.

Dementia Wellbeing Café – for those living with dementia and their carers. Offering a safe space for social interaction and activities.

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.

Where are your services based?

Throughout South 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 South Warwickshire & Wychavon, 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	warwickshire@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 the family 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 John's Children's Centre

Address	Mortimer Road, Kenilworth CV8 1FS
Contact Name	Caroline Condillac
Email address	caroline.condillac@barnardos.org.uk
Telephone	01926 856397

What mental health support services do you provide?

We provide a range of services for families with children aged 0 to 5, including Family Support.

Where are your services based?

St John's Children's Centre, Mortimer Road, Kenilworth CV8 1FS

Who are they for?

Families who are expecting a baby or have a child(ren) aged 0 to 5

Are there any costs? NO

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

Sydenham Neighbourhood Initiatives

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

What mental health support services do you provide?

At the SYDNI Centre we offer a range of support services. As a community centre we welcome people to come and use the community café and external grounds to relax or socialise / meet new people. We also act as a signposting body listening to people and directing them to appropriate services or projects.

In particular, we have:

Mind Wellbeing Drop-in - Wednesdays 9.00am – 10.00am

Citizens Advice - Mondays 10.00am – 13.00pm by appointment, please call 01926 422071 to book

Singing for Pleasure - Tuesdays 10.00am – 12.00 noon

ManCraft - Fridays 4.00pm – 6.00pm

Women's Group 10.30am – 12.00 noon (Wednesday every two weeks)

Warwick Law Clinic - Wednesdays 12.00 noon – 2.00pm Free legal advice (during University term-time only)

Circle of Tea (drop-in) – Tuesdays 10.00am – 11.

We offer a range of day activities with partner organisations Monday to Friday, including pottery, arts and crafts, sports/exercise, bingo.

Where are your services based?

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

Who are they for?

The SYDNI Centre is open to everyone.

Are there any costs? NO

Additional information

The SYDNI Centre is a very welcoming environment for everyone. We encourage people to come and use the café and take in the atmosphere of the centre. Where possible we will take the time to chat to all new community members and get to know people that are using the centre in order to keep our services relevant to our users. If you identify a gap in service provision that needs filling we are more than happy to look at ways to fill it with you, just let us know.

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 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.

We have locality drop-in HUBS, once a month, situated in Nuneaton, Rugby, Leamington and Stratford-Upon-Avon.

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 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

Counselling for Talent Match participants

One off training projects for schools, hospice 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 Coursers

- 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

Talent Match counselling – Funded through Talent Match

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

Contact Name	Detective Inspector Lesley Williams		
Email address	Lesley.williams@westmercia.pnn.police.uk		
Telephone	01905 747062	Website	www.warwickshire.police.uk

What mental health support services do you provide?

We notify Mental Health Services of any incidents that occur that we may deem necessary 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, Warwick

Who are they for?

The Public

Agencies that 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
- Telephone and email support
- LGBT+ awareness training for professionals
- LGBT+ awareness workshops for young people at schools, colleges and youth clubs
- Consultancy
- Advocacy
- Coffee socials
- 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 10:00am – 12:00pm at the Jephson Gardens 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.
- LGBT+ awareness training and workshops take place county-wide.
- Coffee socials take place on weekends across the county.

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 778431	Website	www.reminiscence.org.uk

What mental health support services do you provide?

Dementia information via our LAALO programme "Looking after a loved one" 8-week 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

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

Additional information:

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

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 101040 (option 4)	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 are carerssupport@carerstrusthofe.org.uk

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	Website	www.wayaheadproject.org.uk

What mental health support services do you provide?

5 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, 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 & 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 5 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
Citizens Advice South Warwickshire
Coventry & Warwickshire Mind
Coventry and Warwickshire Partnership Trust
Escape Arts
The Gap Community Centre
Garden Organic
GRaCE Mental Health
Independent Advocacy Mental Health
Innovating Minds CIC
The Kaleidoscope Plus Group
Lifespace Trust
Making Space
Mental Health Matters Helpline
Newpath Ventures
The Parenting Project
Relate Coventry and Warwickshire
Rethink Mental Illness
RISE
RoSA
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

Early intervention

Alzheimer's Society
Citizens Advice South Warwickshire
Coventry & Warwickshire Mind
Coventry and Warwickshire Partnership Trust
Creative Support
Independent Advocacy Mental Health
Innovating Minds CIC
Leamington Night Shelter

Early intervention continued

Making Space
Mental Health Matters
NCT
Rethink Mental Illness
RISE
Safeline
SOS Silence of Suicide
Springfield Mind
SSAFA The Armed Forces Charity
Together for Mental Wellbeing
Warwickshire Counselling Centre t/a Sycamore Counselling Service
Warwickshire Reminiscence Action Project

Crisis

Advance
Citizens Advice South Warwickshire
Coventry and Warwickshire Partnership Trust
Independent Advocacy Mental Health
Leamington Night Shelter
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 Warwickshire
Brunswick Hub
Change Grow Live
Coventry and Warwickshire Partnership Trust
Families First Charity
Friendship Care & Housing Guy's Gift
Independent Advocacy Mental Health
Innovating Minds CIC
The Kaleidoscope Plus Group
Making Space
Mental Health Matters
New Hope Counselling
Newpath Ventures
Recovery & Wellbeing Academy
Relate Coventry and Warwickshire
Rethink Mental Illness
RoSA

Recovery continued

Safeline
SOS Silence of Suicide
Springfield Mind
SSAFA The Armed Forces Charity
St John's Children's Centres
St Mary's Church
Together for Mental Wellbeing
Warwickshire Counselling Centre t/a Sycamore Counselling Service
Warwickshire Pride

Ongoing support

Advance
Age UK Warwickshire
Alzheimer's Society
Big White Wall
Bipolar UK
Brunswick Hub
Change Grow Live
Citizens Advice South Warwickshire
Coleshill and Water Orton Memory Café
Coventry & Warwickshire Mind
Coventry and Warwickshire Partnership Trust
Families First Charity
Farming Community Network (FCN)
Fitter Futures Warwickshire
Friendship Care & Housing
Garden Organic
GRaCE Mental Health
Guy's Gift
Healthwatch Warwickshire
Improving Access to Psychological Therapies (IAPT)
Independent Advocacy Mental Health
Innovating Minds CIC
Jobcentre Plus
The Kaleidoscope Plus Group
KeyRing
Leamington Night Shelter
Lifeways
Making Space
Mental Health Matters
Myton Hospice
NCT
New Hope Counselling
North Warwickshire Counselling Service
Recovery & Wellbeing Academy
Relate Coventry and Warwickshire
Rethink Mental Illness
RISE
RoSA

Ongoing Support continued

Safeline
Samaritans
The Shakespeare Hospice
Sharp Minds
SOS Silence of Suicide
Springfield Mind
SSAFA The Armed Forces Charity
St John's Children's Centres
St Mary's Church
Together for Mental Wellbeing
Warwick District Foodbank
Warwickshire Community Wellbeing with Turning Point
Warwickshire Counselling Centre t/a Sycamore Counselling Service
Warwickshire Pride
Way Ahead Project Salvation Army
The Willows Project Ltd

Any other types of support

Advance
Alzheimer's Society
Books on Prescription
Brunswick Hub
Carers Trust Heart of England
Changex
Coleshill and Water Orton Memory Café
Coventry & Warwickshire Mind
Equality and Inclusion Partnership (EQUIP)
The Gap Community Centre
Healthwatch Warwickshire
Independent Advocacy Mental Health
Innovating Minds CIC
Job Centre Plus
Making Space
Newpath Ventures
North Warwickshire Counselling Service
P3
The Parenting Project
RISE
Safeline
Springfield Mind
SSAFA The Armed Forces Charity
St Mary's Church
Together for Mental Wellbeing
Voiceability
Warwickshire Reminiscence Action Project
Warwickshire Wellbeing Service (Carers Trust Heart of England)

Index of Organisations by Geographical Area:

North Warwickshire Borough

Advance

Coleshill and Water Orton Memory Café

Friendship Care and Housing

Myton Hospice

Warwickshire Counselling Centre t/a Sycamore Counselling Service

Nuneaton and Bedworth Borough

Friendship Care and Housing

The Parenting Project

Warwickshire Counselling Centre t/a Sycamore Counselling Service

Rugby Borough

Advance

Families First Charity

Friendship Care and Housing

Myton Hospice

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

Stratford-on-Avon District

Advance

Changex

Citizens Advice South Warwickshire

Lifespace Trust

Lifeways

New Hope Counselling

Stratford-on-Avon District continued

The Parenting Project

Samaritans

The Shakespeare Hospice

Sharp Minds

Springfield Mind

Warwickshire Reminiscence Action Project (WRAP)

Warwick District

Achieving Results in Communities (ARC CIC)

Advance

Brunswick Hub

Citizens Advice South Warwickshire

The Gap Community Centre

GRaCE Mental Health

Leamington Night Shelter

Myton Hospice

NCT

New Hope Counselling

The Parenting Project

Samaritans

Sharp Minds

Springfield Mind

St John's Children's Centre

St Mary's Church

Sydenham Neighbourhood Initiatives

Warwick District Foodbank

Warwick District continued

Warwickshire Reminiscence Action Project (WRAP)

Way Ahead Project at Salvation Army (WAP)

The Willows Project Ltd

Countywide

Age UK Warwickshire

Alzheimer's Society

Big White Wall

Bipolar UK

Books on Prescription

Change Grow Live

Coventry & Warwickshire Mind

Coventry & Warwickshire Partnership NHS Trust

Creative Support

Equality and Inclusion Partnership (EQuIP)

Escape Arts

The Farming Community Network (FCN)

Fitter Futures Warwickshire

Garden Organic (outreach)

Guy's Gift

Healthwatch Warwickshire

Improving Access to Psychological Therapies (IAPT)

Independent Advocacy Mental Health

Innovating Minds CIC

Jobcentre Plus

The Kaleidoscope Plus Group

Countywide continued

KeyRing

Making Space

Mental Health Matters

North Warwickshire Counselling Service

P3

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

Together for Mental Wellbeing

VoiceAbility

Warwickshire Community Wellbeing with Turning Point

Warwickshire Police

Warwickshire Pride

Warwickshire Wellbeing Service (Carers Trust Heart of England)

Wellbeing for Warwickshire