

Havant and East Hants Mind

Area covered: All of SEH CCG area

Range of interventions to support wellbeing including support to understand condition and the physical symptoms that may accompany this. Symptom management tools, self help skills, information and advice, support and information to volunteer or explore training or paid employment. Wellness Recovery Action Plans (WRAP) Initial assessment will help to identify best course of action and clients are then offered a plan to meet their needs for emotional support and recovery

WHO ARE OUR SERVICES FOR

Mental Health over 18

WHO CAN REFER TO OUR SERVICE

Self referral; GPs and Health Care Providers; Adult Services; Community Provider

WE ARE OPEN

Monday to Friday	9am to 4-30pm
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	OUR CONTACT DETAILS:	THE BEST WAY TO CONTACT US IS BY:
Phone	023 92498916	Phone
Email	wellbeing@easthantsmind.org	
Website	www.easthantsmind.org	
Address	Leigh Park Community Centre, Dunsbury Way, Havant PO9 5BG	

OTHER USEFUL INFORMATION

We work closely with Community mental health teams and our local acute psychiatric hospital. We have over 20 years experience of supporting people with mental health problems and helping them with their recovery.

December 2014