

Useful Contact Numbers

Stop Domestic Abuse - 023 9200 8329

Samaritans (Suicide Helpline) – 116 123

Inclusion (Drug and Alcohol Abuse) –
0300 124 0103

iTalk (Talking Therapy) – 02380 383 920

Two Saints (Housing) – 02392 477 863

The Bridge Centre (Debt) – 02392 468 835

British Red Cross (Community Support) –
07860 412799

NHS 111 – Available 24 hours a day, 7 days a
week.

We are a recovery service, not a crisis service.
If you find yourself having thoughts of self-
harm or suicide please contact the
Samaritans, Crisis team or your GP.



Havant and East Hants Mind
Leigh Park Community Centre
Dunsbury Way
Havant
Hampshire
PO9 5BG

Havant and East Hants Mind
Phone: 02392 498 916
Office opening hours:
Mon – Thurs 9.00 – 4.30pm &
Fri 9.00 – 4.00pm
Email: wellbeing@easthantsmind.org

Petersfield, Bordon & Alton



Adults Wellbeing Service

Registered Charity No. 1116301
Registered in England No. 5861345

www.easthantsmind.org

What happens next?

Thank you for attending your assessment with our Wellbeing team.

As explained in your assessment we run a six month wellbeing programme, with an aim of completing all interventions within this time to ensure that you get the most out of your recovery.

The workshops, courses and peer support groups that you attend, will all be relevant to the goals set out in your recovery plan. You will receive a text invite to these interventions, which you will need to respond to by calling the office to let us know if you are able or unable to attend, failing to do so could mean that you are removed from the waiting list.

Workshops (2 hour sessions)

- Wellbeing Workshop
- Anxiety Management
- Building Self-Esteem
- Relationships
- The Energiser
- Stress Management
- Understanding Depression

Courses (1 - 2hour sessions, over 6 weeks)

- Everyday Mindfulness
- Anger Management
- Assertiveness
- Symptom Management

Reviews

Following on from your assessment, you will receive a mid-point review at three months to review your recovery journey and goals. This is followed by a final review at six months, once your journey with Mind is complete. If you feel you require any additional support before your review is due, please call the office to speak to a member of the team.

Wellbeing Maintenance Plan

Once completing your recovery journey with Mind, you will complete a Wellbeing Maintenance Plan. This will aid you in maintaining your wellbeing by reaffirming the skills you have already learnt. This plan also looks at connecting with other external agencies, whilst still accessing our peer support groups.

Peer Support Groups

Bordon

Peer Support Coffee Morning

Wednesday 10.30am-12.pm

St Marks Church, Pinehill Road, Bordon,
GU35 0BS

Alton

Peer Support Coffee Morning

Friday Friends 2.00pm– 3.30pm

Salvation Army, Market Street, Alton,
GU34 1HD

Petersfield

Peer Support Coffee Morning,

advice and information drop in

Monday 9.30am-11.30am

Salvation Army, Swan Street, Petersfield,
GU32 3AD

