

Our Aims

Havant and East Hants Mind aims to promote good mental health within the Havant and East Hants locality.

To achieve these aims, Mind:

- ✓ Works with mental health service users to promote recovery
- ✓ Promotes mental wellbeing within our community
- ✓ Challenges discrimination and promotes social inclusion
- ✓ Works in partnership with other organisations
- ✓ Values diversity
- ✓ Involves service users in all aspects of its work
- ✓ Decreases reliance on mental health services

Office Hours

Monday to Thursday: 9.00 am to 4.30 pm

Friday: 9.00 am to 4.00 pm

Outside of these hours, please leave a message on our answer phone

Referrals and Assessment

You can either self-refer or a professional such as a care coordinator, doctor or key worker could refer you to us. Referrals can be taken over the phone, or a self-referral form is available on our website.

www.easthantsmind.org

A team member will then contact you to arrange an appointment to carry out an initial assessment, either in Havant or in the East Hants area. During this meeting, they will ask you about your needs and explore how we can best support you.

We will continue to support you alongside your recovery plan and review this together at regular intervals.



East Hants Wellbeing Services Information Leaflet

Petersfield, Bordon, Liss,
Liphook and
Alton

Telephone: 02392 498 916

Email: wellbeing@easthantsmind.org

Registered Charity No. 1116301

Registered in England No. 5861345

Wellbeing Services

Please note that due to Covid-19 we have had to make changes to how we deliver our services, including limiting face-to-face contact. We will update this information when we are able to offer more in-person contact and services.

Specifically, our services include:

- ◆ Information, advice & signposting
- ◆ One to One Support
- ◆ Peer support & activity groups
- ◆ Recovery focused workshops & courses

To promote recovery and maintain wellbeing we offer opportunities to:

- ✓ Increase emotional recovery skills
- ✓ Improve practical living skills
- ✓ Build self-confidence
- ✓ Become stronger, more self-reliant and resilient.
- ✓ Improve physical and mental wellbeing
- ✓ Improve social networks
- ✓ Promote peer support

Workshops, Groups & Courses

If you are interested in joining one of our workshops, groups or courses, please contact us on 02392 498 916. To be able to attend courses and workshops you must have completed an assessment. Please note that days and times of groups may vary from time to time due to availability of facilitators. Currently some courses and workshops are still run remotely, via Zoom.

Workshops

Introduction to Healthy Relationships
Understanding Depression
Building Self-esteem
Anxiety Management
Stress Management
Energiser
Wellbeing
Coping with the Pandemic
Managing Post-Covid

6 week Courses

Assertiveness
Anger Management
Everyday Mindfulness
Positive Thinking for Wellbeing

East Hants Virtual Peer

Support

Mindfulness Peer Support

Mondays 10:00-11:20

Women's Group

Wednesdays 10:30-12:00

Petersfield

Arts & Crafts Group

Wednesdays 10:30-12:00

We are currently offering a blend of face to face and virtual peer support and will be gradually introducing more face to face groups across the county

Support to Access

Community Advocate