

# 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



## Havant Wellbeing Services Information Leaflet

Havant, Waterlooville,  
Emsworth, Hayling Island,  
Rowlands Castle

## Wellbeing Centre

The Hub, 39 Park Parade  
Leigh Park  
Havant  
PO9 5AA

Telephone: 02392 498 916  
Email: [wellbeing@easthantsmind.org](mailto:wellbeing@easthantsmind.org)

Registered Charity No. 1116301  
Registered in England No. 5861345

## 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](http://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.

## 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

Grief and Loss

Energiser

Wellbeing

Coping with the Pandemic

Managing Post-Covid

### 6 week Courses

Assertiveness

Anger Management

Everyday Mindfulness

Positive Thinking for Wellbeing

## Virtual Peer Support

**Women's Group**

**Wednesdays 10:30-12:00**

**Mindfulness Peer Support**

**Thursdays 10:00-11:20**

**Coffee & Chat Peer Support**

**Fridays 10:15-11:30**

## Havant Area Peer Support

**Mindfulness Walking Group**

**Tuesdays 13:30-14:30**

**Arts & Crafts Group**

**Thursdays 13:45-15:15**

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

**Romsey College confidence course** When available

**Money Awareness course** When available

**Havant Men's Shed** When Available

**The Bridge Centre**

**Community Advocate**