

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.

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: 9am to 4.30pm

Friday: 9am to 4pm

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

Leigh Park Community Centre

Dunsbury Way, Havant

PO9 5BG

Telephone: 02392 498 916

Email: wellbeing@easthantsmind.org

Registered Charity No. 1116301

Registered in England No. 5861345

Specifically, our services include:

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

To promote wellbeing we offer opportunities to:

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



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. Some courses and workshops are 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
- Journaling
- 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 offer 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