

## 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.

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 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

### Office Hours

Monday to Thursday: 9.00 am—4.30 pm

Friday: 9.00 am to 4.00 pm

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



Havant and  
East Hants

Bordon, Alton and Petersfield

Wellbeing

Services

Information

Mobile: 07765 886964

Telephone: 02392 498 916

Email: [wellbeing@easthantsmind.org](mailto:wellbeing@easthantsmind.org)

Registered Charity No. 1116301

Registered in England No. 5861345

# Wellbeing Services

Specifically, our services include:

- ◆ Information and Advice
- ◆ One to One Support
- ◆ Recovery-focused activities
- ◆ Physical wellbeing support groups
- ◆ Peer led support / social groups

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 for details. 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

### Workshops

Introduction to Healthy Relationships

Understanding Depression

Building Self-esteem

Anxiety Management

Stress Management

Food and Mood

Sleep for Wellbeing

### 6 week Courses

Assertiveness

Anger Management

Everyday Mindfulness

Symptom Management

## Peer Support Groups

Newsletter Focus Group

### Bordon

Peer Support Coffee Morning

Wednesday 10.30am-12.pm

### Alton

Peer Support Coffee Morning

Friday Friends 2.00pm– 3.30pm

### Petersfield

Petersfield Peer support,  
advice and information drop in

Monday 9.30am-11.30am

