MAPPING OF MENTAL HEALTH AND WELLBEING SERVICES FOR REFUGEES MAY 2018

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# **INTRODUCTION**

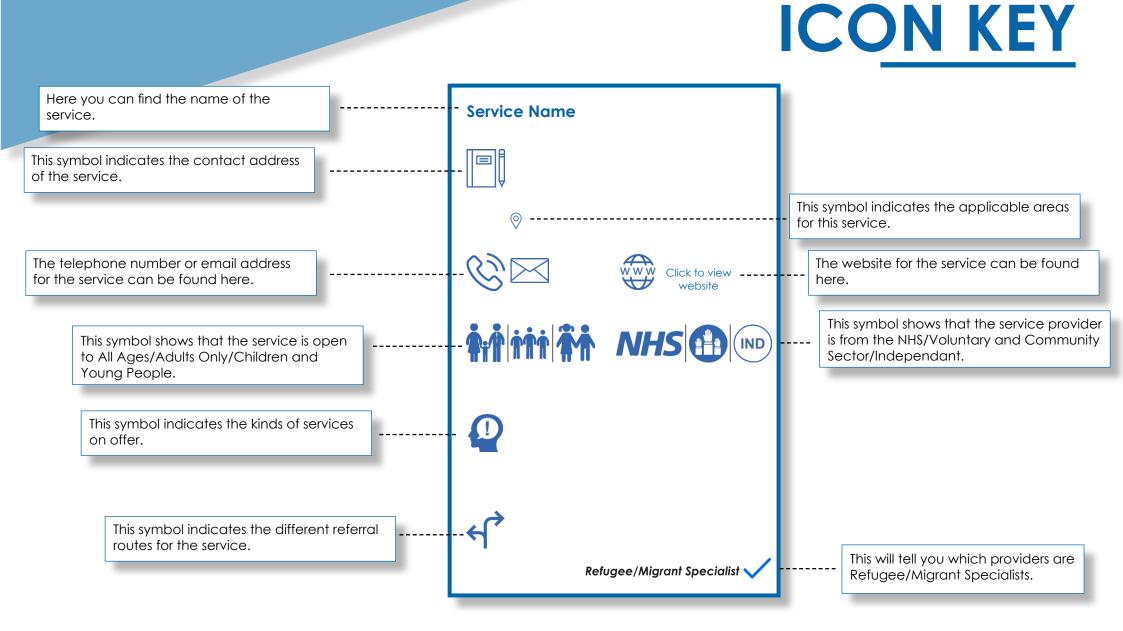
Distribution of refugee/migrant specialist services by type of provider and age group

	Number (and share) of refugee specialist services	Number (and share) of non-specialist services	Total		
Type of provider					
NHS	12 (5%)	227 (95%)	239 (100%)		
Voluntary and Community	116 (94%)	7 (6%)	123 (100%)		
Independent	0 (-)	7 (100%)	7 (100%)		
Age group					
Adult service	39 (21%)	145 (79%)	184		
All age service	75 (68%)	36 (32%)	11		

The Resettlement, Asylum Support and Integration Directorate, a joint unit between the Home Office, the Department for International Development and the Ministry of Housing, Communities and Local Government, commissioned ICF to develop the evidence base on mental health and refugees. Alongside literature review and qualitative interviews, the research included mapping the landscape of mental health and wellbeing services accessible to refugees in England.

This document is a directory of the services identified through the mapping. It provides a snapshot of the types of service available in February/March 2018 organised by local area and bringing together an overview of each service (based on publiclyavailable information), referral routes, eligibility and contact information. It does not attempt to map all NHS local services that refugees might access; instead concentrating on the most relevant conditions (e.g. Post-Traumatic Stress Disorder).

The mapping shows that there are a range of services across all English regions, although a third of refugee specialist services are based in London. There are few refugee specialist services delivered by NHS providers, and few that specifically target children and young refugees. Furthermore, much of the specialist support provided by the voluntary and community sector focuses of supporting general wellbeing rather than providing therapeutic services.



**EAST** Bedfordshire and Hertfordshire

#### Adult Community Mental Health Services - Hertfordshire Partnership University NHS Foundation Trust

The Colonnades, Beaconsfield Road, Hatfield AL10 8YE Hertfordshire

#### 0300 7770707

Adult service

NHS

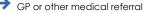
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Click to view website



#### Community-based MH services

The service use a recovery based approach for 18-65 year olds. Service users with non-psychotic disorders including Personality Disorder and Neuro-Developmental disorders have their needs met by the Support and Treatment Team (STT) whilst those with a psychotic or mood disorder are seen by the Targeted Treatment Team (TTT). The teams are multidisciplinary teams consisting of community nurses, occupational therapists, social workers, vocational and employment psychotherapists, specialist personality disorder workers, drama and art therapists. The STT and TTT Community Services provide services in four areas of the county: North West quadrant; Bast and South East quadrant; and North quadrant.



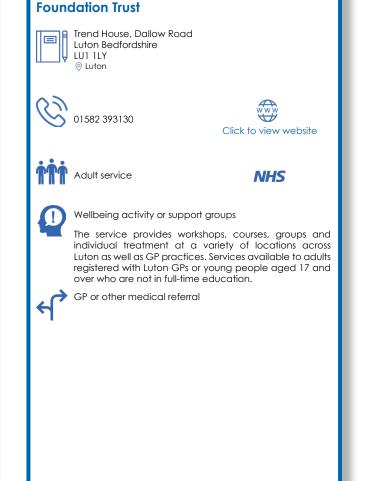


**Portman NHS Foundation Trust** Sites in Cheshunt, Hemel Hempstead and Hertfordshire Hertfordshire 020 89382391 Click to view website Adult service NHS Psychological therapies including IAPT The service offer psychotherapy to adults with complex difficulties in Cheshunt, Ware, Hemel Hempstead and Watford including: personality disorders; trauma; medically unexplained symptoms; chronic (long-term) medical conditions; and refugees and those in the most extreme emotional need. It provides consultations, brief psychotherapy and specialist psychotherapy. GP or other medical referral Refugee/Migrant Specialist 🗸

Hertfordshire outreach service - Tavistock and

**EAST** Bedfordshire and Hertfordshire

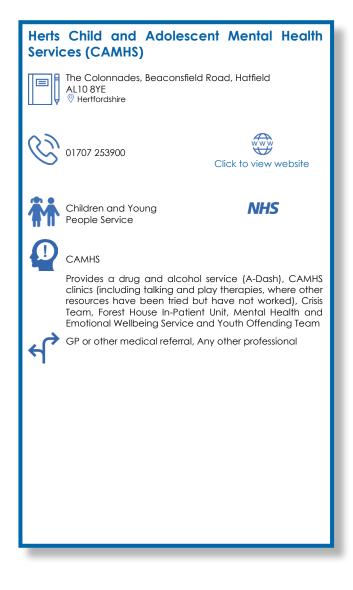




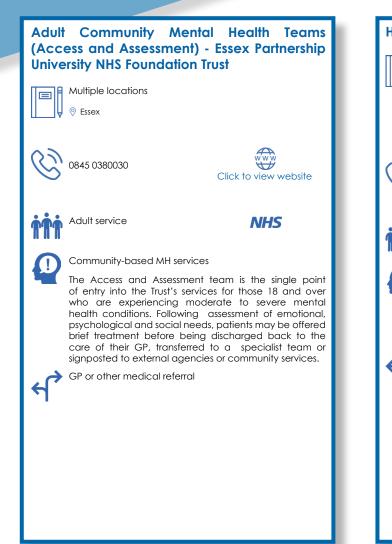
Luton Wellbeing Service - East London NHS

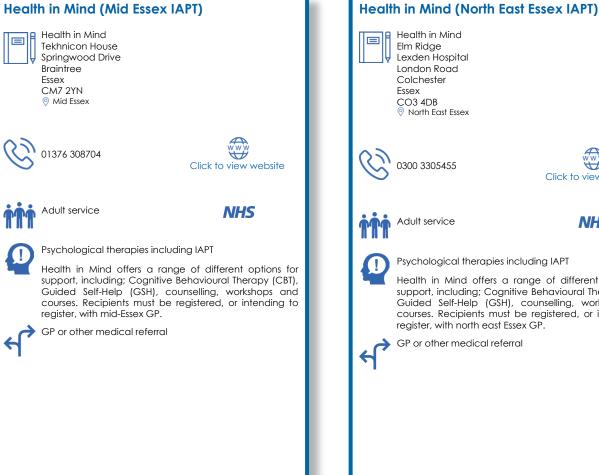


**EAST** Bedfordshire and Hertfordshire



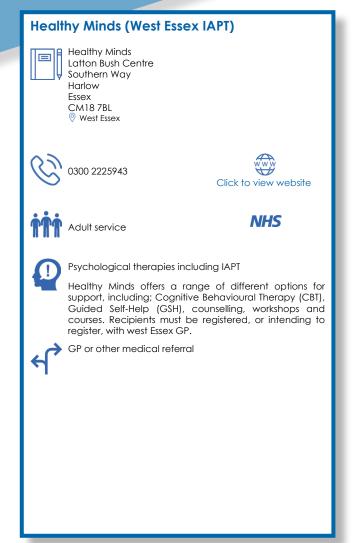




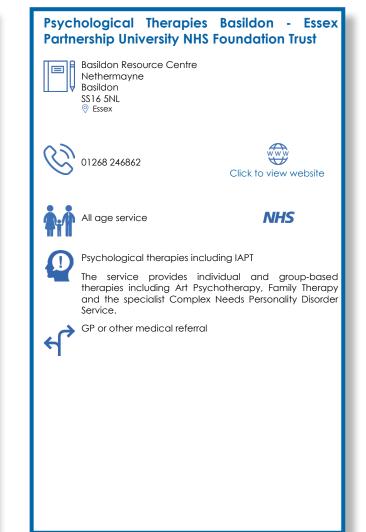




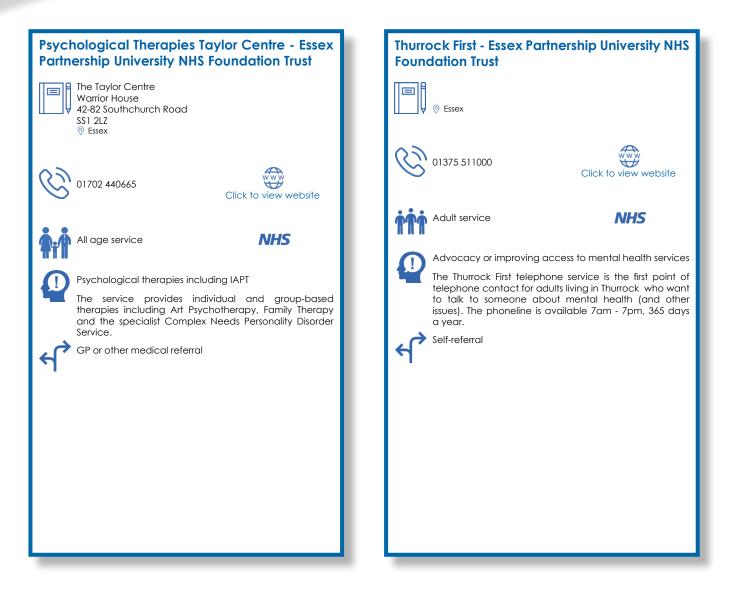




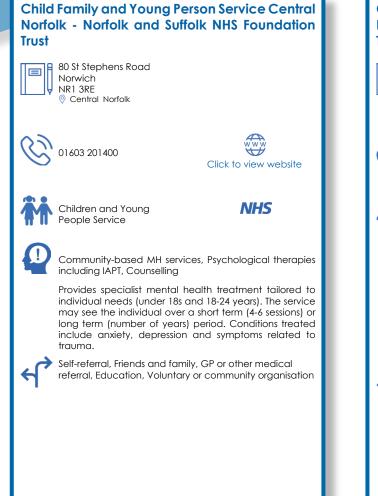


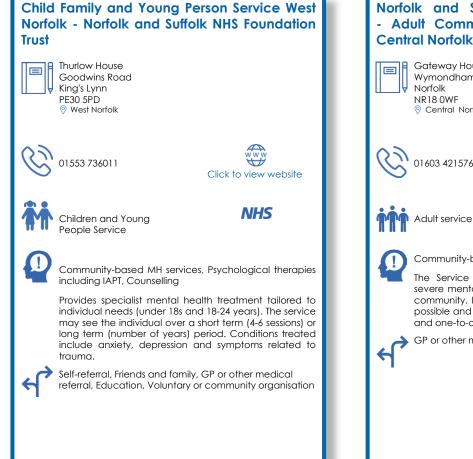


# EAST Essex



# **EAST** Norfolk





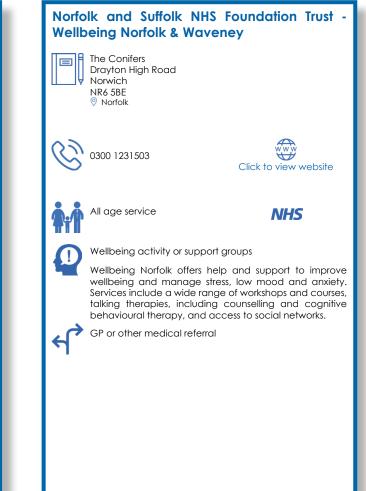




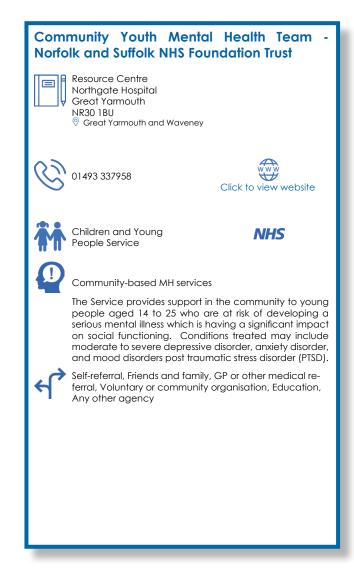




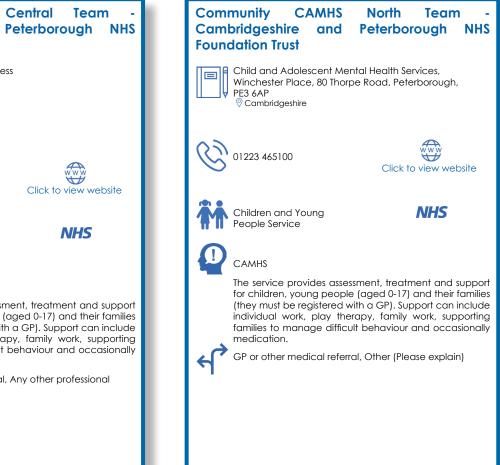




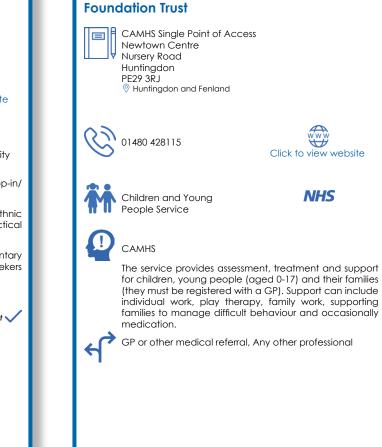
# **EAST** Norfolk



### EAST Peterborough and Cambridgeshire



#### **CECF Refugee Services** Cambridge Ethnic Community Forum, 16-18 Arbury Court, Cambridge CB4 2JQ Ocambridgeshire County Council w w v 01223 655241 4 1 Click to view website age service Voluntary and Community Advocacy or improving access to MH services, Drop-in/ day services CECF Refugee Services is a part of the Cambridge Ethnic Community Forum, which provides advice and practical help to asylum seekers and refugees in Cambridge It works in partnership with the statutory and voluntary sector to develop and deliver services to asylum seekers and refugees. Self-referral Refugee/Migrant Specialist 🗸



Community

Cambridgeshire

CAMHS

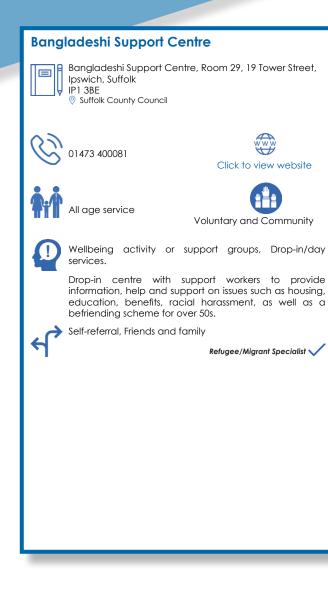
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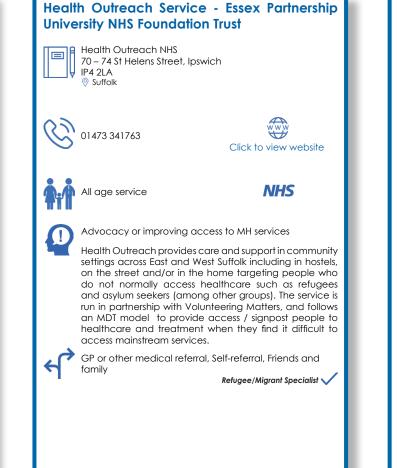
Central

### **EAST** Peterborough and Cambridgeshire

#### **Psychological** Wellbeing Service Community CAMHS South Team-Cambridgeshire Cambridgeshire and Peterborough and Peterborough NHS NHS **Foundation Trust Foundation Trust** The Psychological Wellbeing Service (IAPT) CAMHS Single Point of Access Grebe House Newtown Centre Gloucester Centre Nursery Road Morpeth Close Huntingdon PE29 3RJ Orton Longueville Ocambridgeshire Peterborough PE2 7JU Peterborough, Cambridgeshire, Wansford or Oundle 01480 428115 Click to view website www 0300 3000055 Click to view website NHS Children and Young People Service NHS Adult service CAMHS Psychological therapies including IAPT The service provides assessment, treatment and support The service provides talking therapies, including Eye for children, young people (aged 0-17) and their families Movement Desensitisation and Reprocessing (EMDR), (they must be registered with a GP). Support can include designed to help those suffering from mild to moderate individual work, play therapy, family work, supporting depression and anxiety disorders including generalised families to manage difficult behaviour and occasionally anxiety, social anxiety, post traumatic stress. medication. Recipients must be registered with a GP. GP or other medical referral, Social services Self-referral, GP or other medical referral 0

# EAST Suffolk







# **EAST** Suffolk

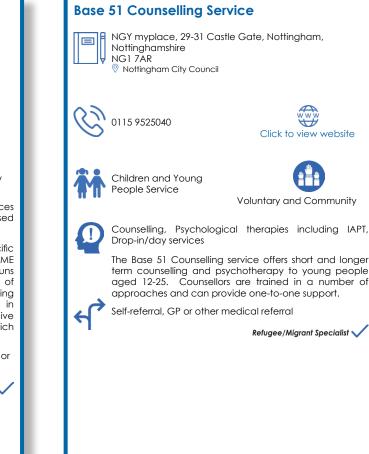






# **EAST** Suffolk





#### **African Women Empowerment Forum**

AWEF-UK, C/O City Arts Unit 6, Provident Works, Newdigate Street, Nottingham NG7 4FD Nottingham City Council

07425 580561

v w v Click to view website

age service

Voluntary and Community

Wellbeing activity or support groups, Advocacy or improving access to MH services

Supports African women refugees and asylum seekers with the integration process, providing advice and signposting to relevant organisations. The organisation uses the empowerment model to build sustainability and confidence. It creates wellness recovery action plans for women who have experienced trauma.

Self-referral, Voluntary or community organisation, Any other professional

Refugee/Migrant Specialist 🗸

#### AWAAZ



#### 0115 924 5555



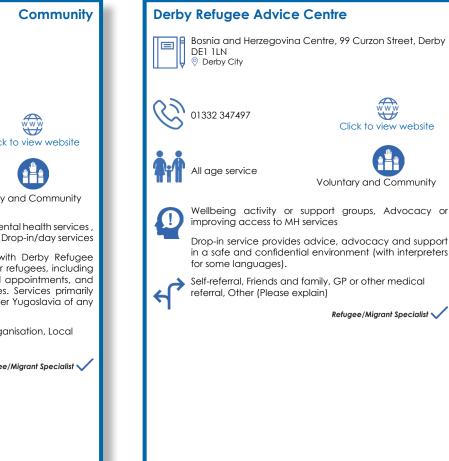


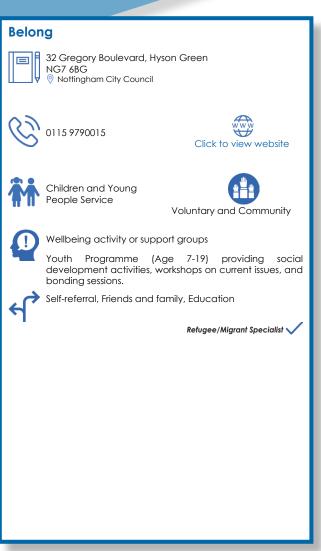
Advocacy or improving access to mental health services Wellbeing activity or support groups, Home-based assessments

The organisation provides one-to-one culturally specific advocacy and emotional support for people from BME background and new emerging communities. It runs group therapy sessions for individuals with any form of mental health difficulties, and has a team of "floating support" staff who provide both an outreach and in reach service to individuals on a weekly basis and aive support on setting up, among other things, a home which is safe and secure.

Self-referral, Voluntary or community organisation, GP or other medical referral

Refugee/Migrant Specialist 🗸







**Bosnia-Herzegovina** 

99 Curzon Street, Derby

DE1 1LN Orby City

Derby Bo Association



#### **Derbyshire - Trent PTS (Psychological Therapies** Service)

Locations in Derby, Alfreton, Ashbourne, Buxton, Chesterfield, Long Eaton, Ripley and Swadlingcote AL10 8YE O Derbyshire

01332 265659

Adult service

NHS

www

Click to view website

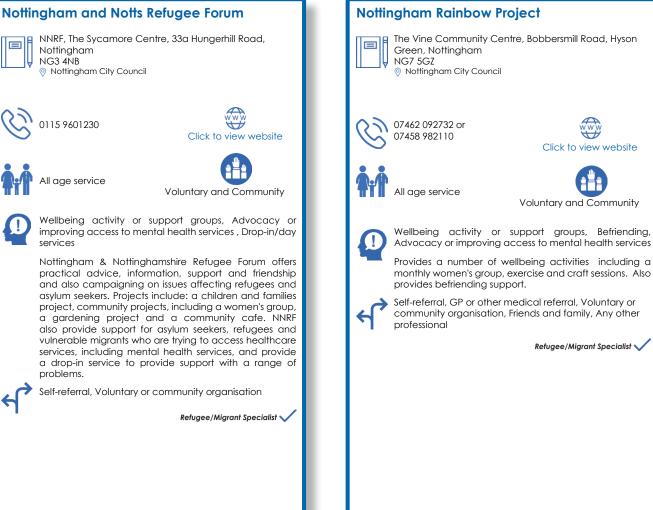
Psychological therapies including IAPT, Counselling, Wellbeing activity or support groups

Trent PTS offers specialised services for Trauma, Bereavement and Relationship problems. Treatments include face to face appointments, telephone consultations and guided self-help packages. Therapies provided include: Cognitive Behavioural Therapy (CBT); Counselling; Psychodynamic Therapy and EMDR (Trauma). The service is for people aged 16 years and over and registered with a GP.

Self-referral, GP or other medical referral



Let's



Mental Health Liaison -**Bassetlaw** Nottinghamshire Healthcare NHS Foundation Trust Bassetlaw Mental Health Liaison, GP Co-Op corridor, Bassetlaw District General Hospital, Worksop, Nottinghamshire \$81 OBD Ø Bassetlaw

01909 500990 (Extension number: 2590)

Click to view website

NHS

Adult service

Advocacy or improving access to mental health services Assessments

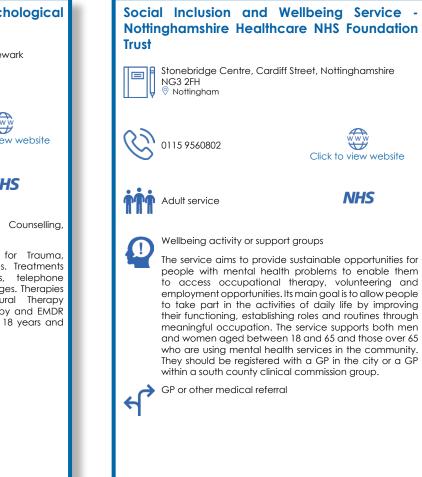
The Liaison Psychiatry team provides a service for patients in a general hospital setting, who are aged over 18 and either present to the Emergency Department, or are admitted to an inpatient ward and are experiencing mental health problems. Services include; specialist mental health assessments; advice, guidance and support to patients, their families and carers.

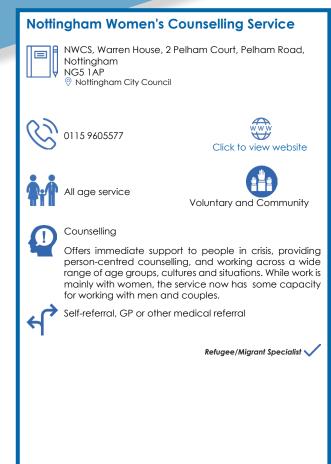
GP or other medical referral

NNRF, The Sycamore Centre, 33a Hungerhill Road, Nottingham NG3 4NB Nottingham City Council 0115 9601230 Click to view website aae service Voluntary and Community Wellbeing activity or support groups, Advocacy or improving access to mental health services, Drop-in/day services Nottingham & Nottinghamshire Refugee Forum offers practical advice, information, support and friendship and also campaigning on issues affecting refugees and asylum seekers. Projects include: a children and families project, community projects, including a women's group, a gardening project and a community cafe. NNRF also provide support for asylum seekers, refugees and vulnerable migrants who are trying to access healthcare services, including mental health services, and provide a drop-in service to provide support with a range of problems.

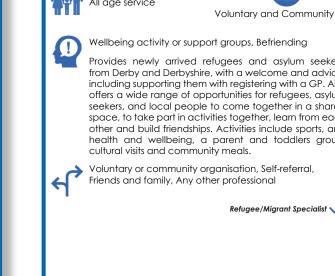
Self-referral, Voluntary or community organisation

Refugee/Migrant Specialist 🗸









**Talking Mental Health - Derbyshire Healthcare NHS Foundation Trust** 

Ilkeston Resource Centre, Ilkeston Community Hospital, Heanor Road, Ilkeston DE7 8TL Oerbyshire County Council



ŴŴŴ Click to view website

Adult service

NHS

Psychological therapies including IAPT, Counselling

Offers a range of therapies, in individual and group sessions, to adults aged 18 years and over from Derby city and Derbyshire areas.

Self-referral, GP or other medical referral

#### All age service

The Centre for Trauma, Resilience and Growth

- Nottinghamshire Healthcare NHS Foundation

Mandala Centre, Gregory Boulevard, Nottingham



Psychological therapies including IAPT

The Centre works with adults who have been exposed to a variety of traumatic events. Provides assessment appointments six to eight weeks after referral if team considers that the Centre can help.

GP or other medical referral

Click to view website All age service NHS

> Provides newly arrived refugees and asylum seekers, from Derby and Derbyshire, with a welcome and advice, including supporting them with registering with a GP. Also offers a wide range of opportunities for refugees, asylum seekers, and local people to come together in a shared space, to take part in activities together, learn from each other and build friendships. Activities include sports, arts, health and wellbeing, a parent and toddlers group,

> > Refugee/Migrant Specialist 🗸

Click to view website

EAST MIDLANDS Derbyshire and Nottinghamshire

**Upbeat Communities** 

DE23 6AP

Oerby City

01332 916150

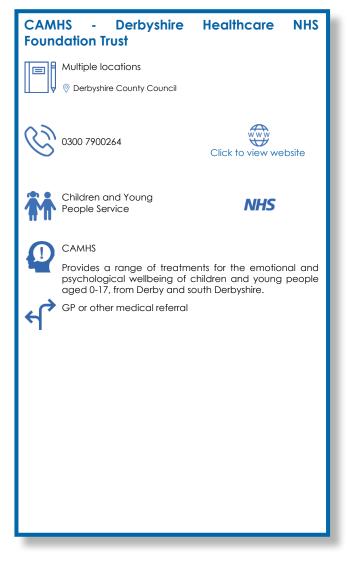
Overdale House, 96 Whitaker Road, Derby



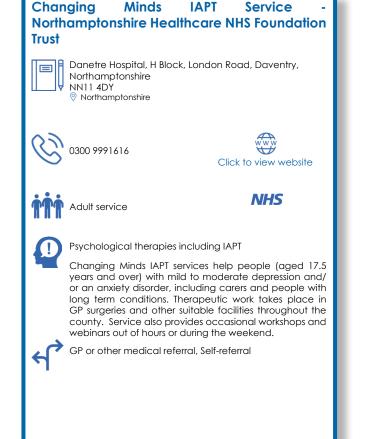
NG7 6LB

Nottinghamshire

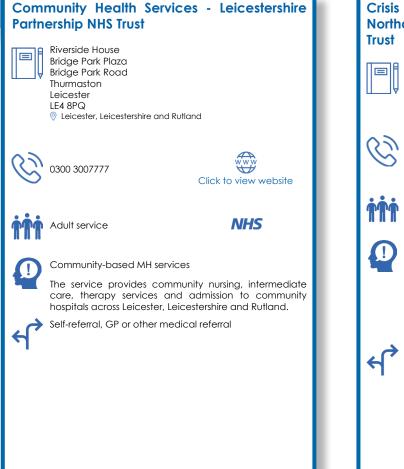
Trust

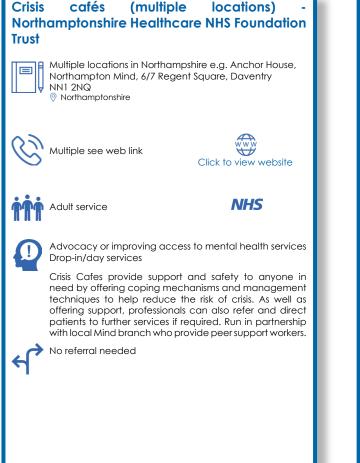


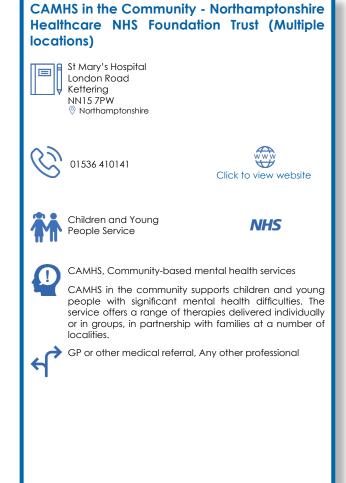


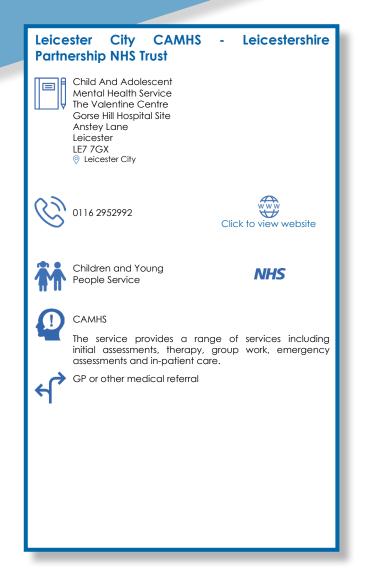


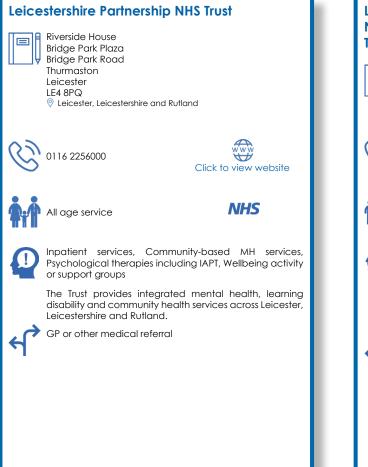


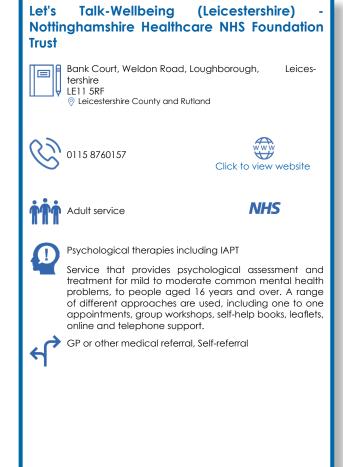




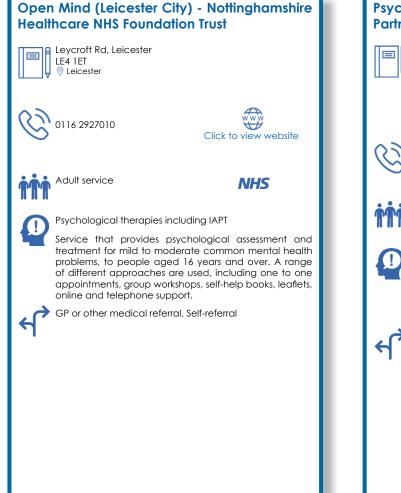


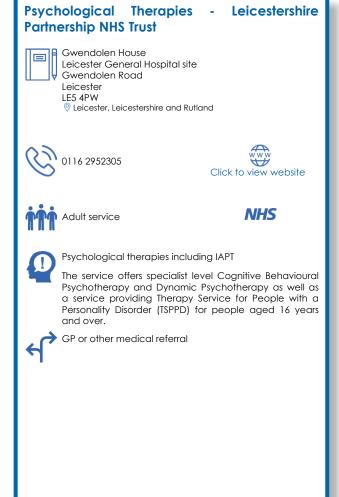


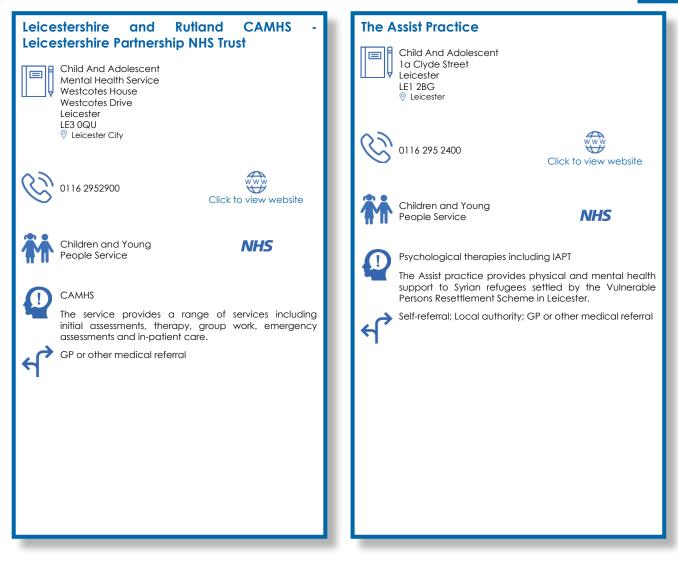




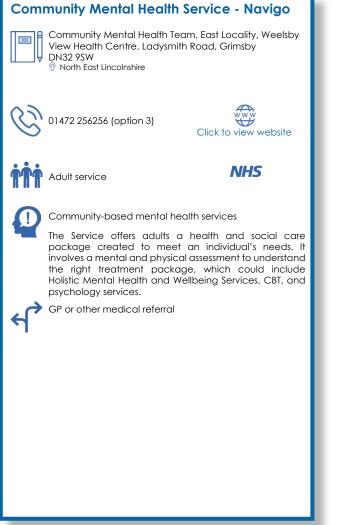




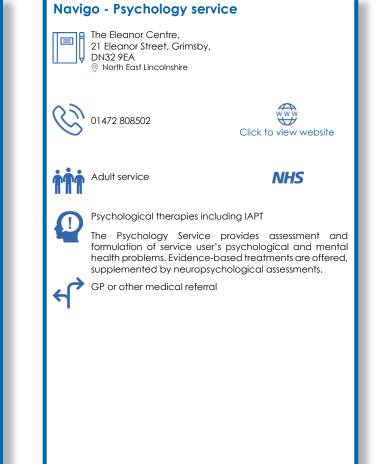




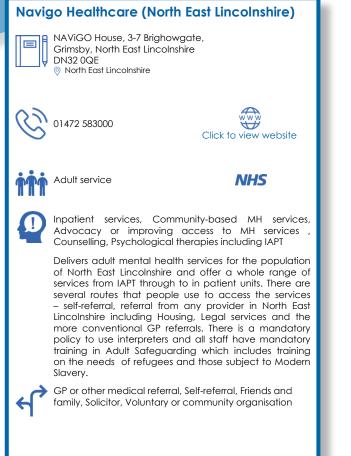
# EAST MIDLANDS Lincolnshire

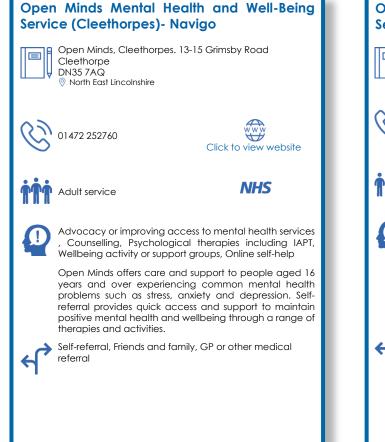






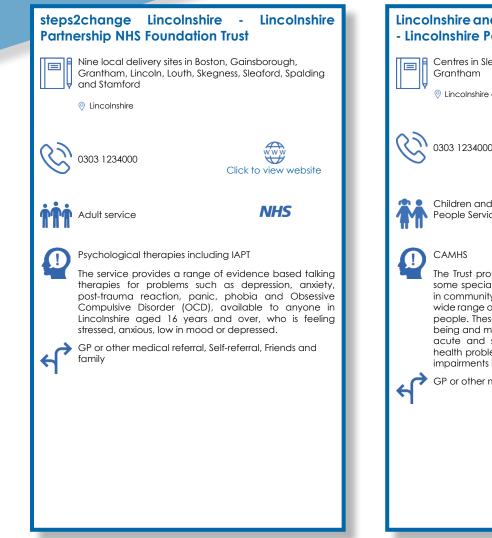
# EAST MIDLANDS Lincolnshire

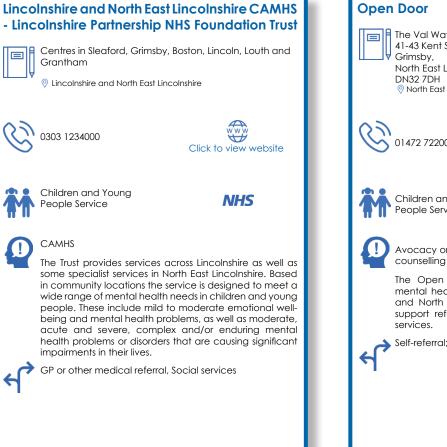


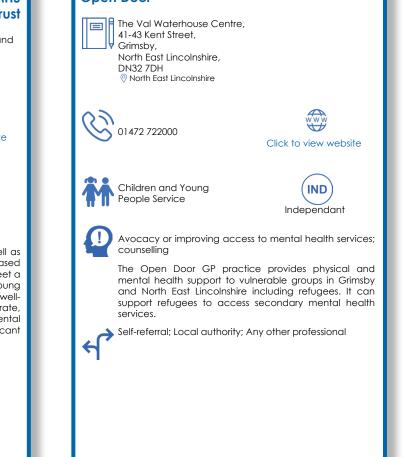




# EAST MIDLANDS Lincolnshire





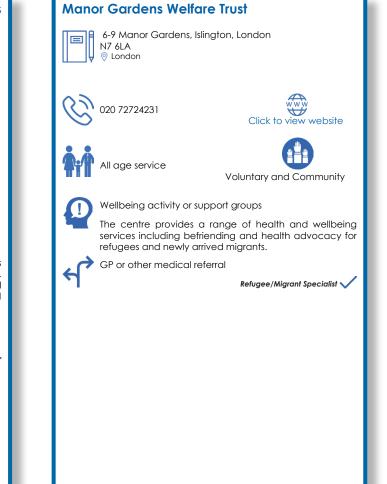


# **LONDON** Camden and Islington

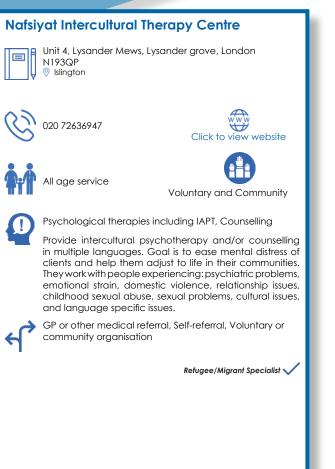
#### Complex Depression, Anxiety and Trauma Service (CDAT) - Camden and Islington NHS Foundation Trust







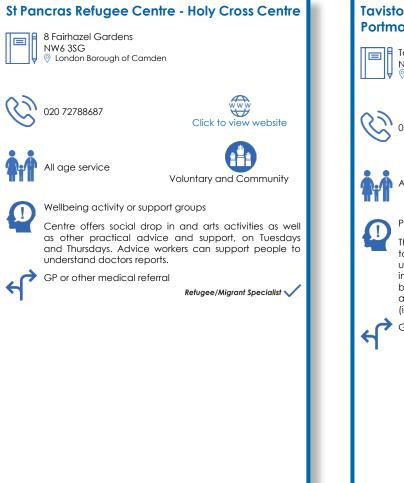
# **LONDON** Camden and Islington

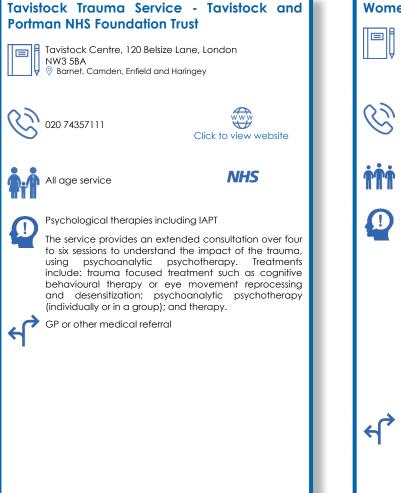






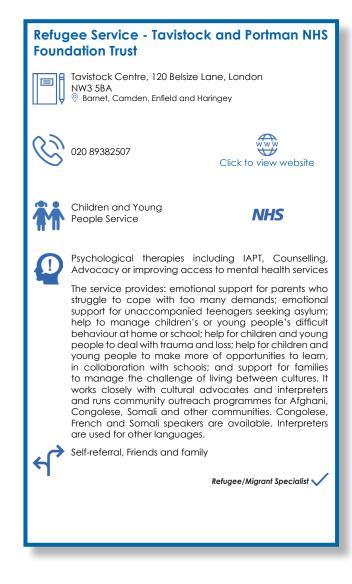
# **LONDON** Camden and Islington



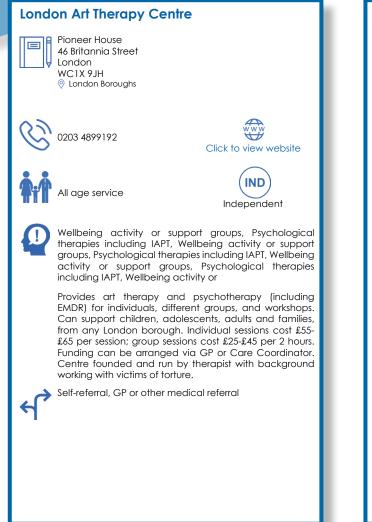




#### **LONDON** Camden and Islington



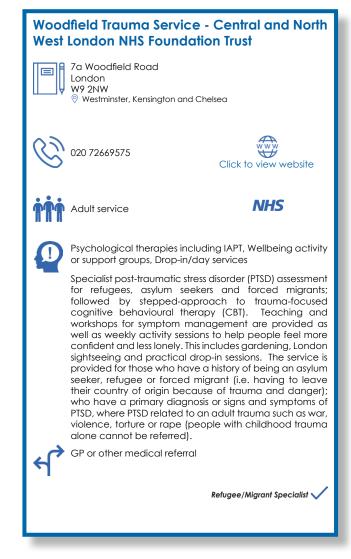
#### **LONDON** City, Westminster, Kensington and Chelsea

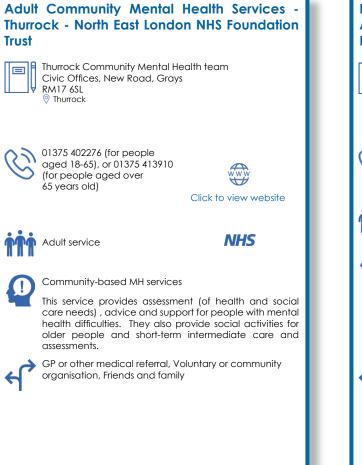


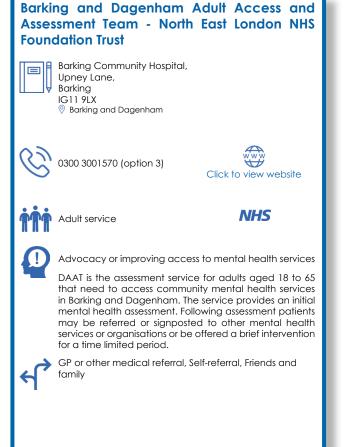


	Notre Dame Refugee Centre		
	S Leicester Place, London WC2H 7BX © City of Westminster		
	020 74402668 Click to view website		
/	All age service Voluntary and Community		
	Counselling, Wellbeing activity or support groups Provide counselling and creative activities to refugees. Particularly specialises in supporting French-speaking refugees, but welcomes all.		
/ , 1 1	Self-referral Refugee/Migrant Specialist ✓		
r			

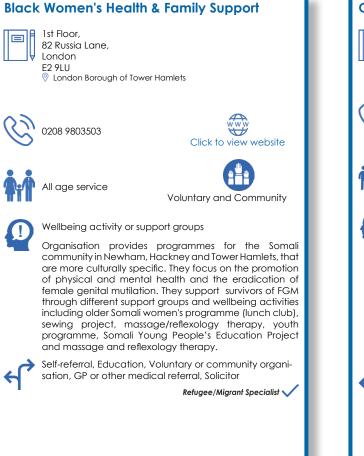
#### **LONDON** City, Westminster, Kensington and Chelsea

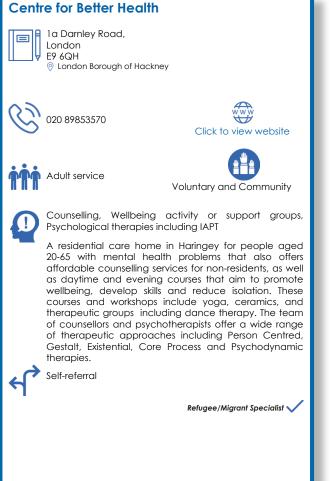


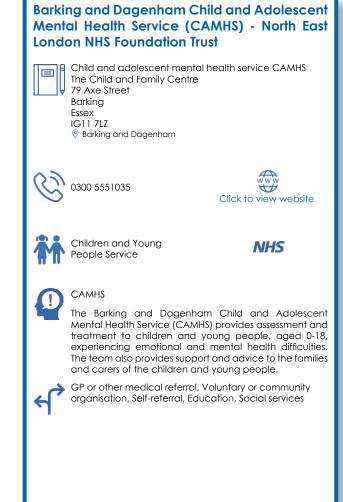






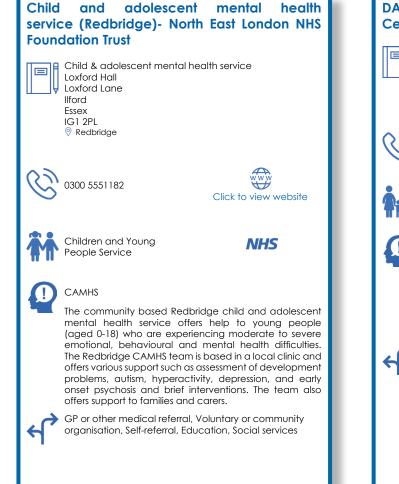






#### Child and adolescent mental health service (CAMHS) - Havering -North East London NHS Foundation Trust







#### Derman for the Well Being of the Turkish and Kurdish Communities



020 76135944

Adult service

Click to view website

Voluntary and Community

Psychological therapies including IAPT, Counselling, Wellbeing activity or support groups

Derman provides a range of health-related and wellbeing services, including counselling and a Mental Health Recovery Support Service to Kurdish, Turkish, Turkish Cypriot and Eastern European Turkish people, mainly refugees and asylum seekers, residing in Hackney. Workers can arrange psychiatrist appointments, make emergency home visits, attend key mental health appointments and improve service users' access to mental health and social services. Derman organise monthly sessions to increase awareness and knowledge about mental health issues and to tackle the stigma attached to them. Also provide individual sessions at GP surgeries in City of London and Hackney and wellbeing activities, including a men-only group.

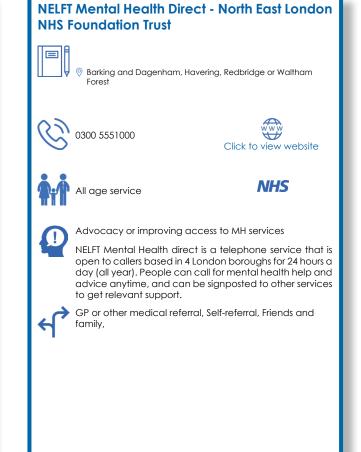
GP or other medical referral, Social services, Voluntary or community organisation

Refugee/Migrant Specialist 🗸







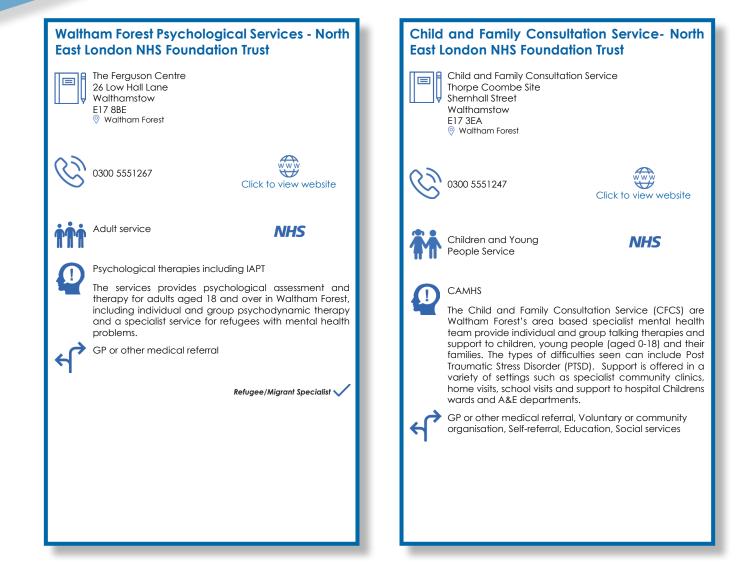


Newham Talking Therapies - East London NHS Foundation Trust		
Shrewsbury Annexe, Shrewsbury Health Centre London F7 8QP Newham		
020 84758080 Click to view website		
Adult service		
Psychological therapies including IAPT, Wellbeing activity or support groups		
The service offers a range of free and confidential talking therapies, including support by phone and through face- to-face sessions.		
Self-referral		









# Lambeth and Southwark







# Lambeth and Southwark

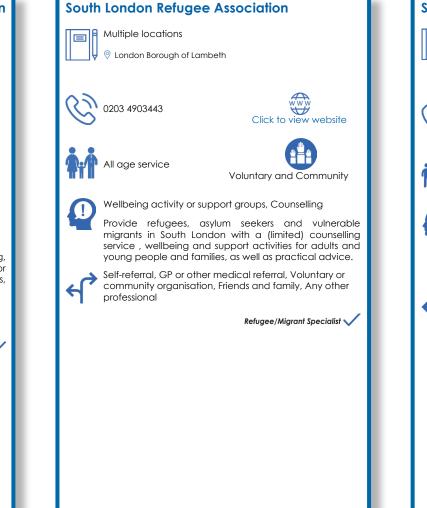






### London Lambeth and Southwark

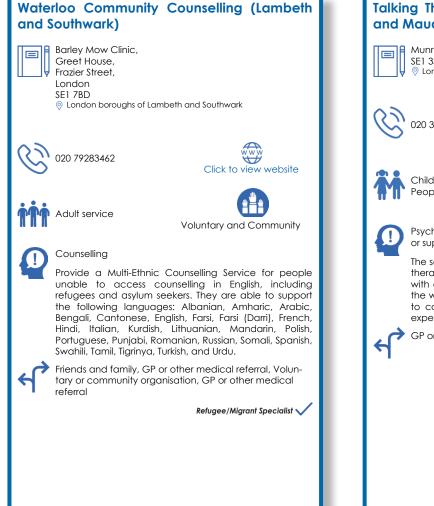






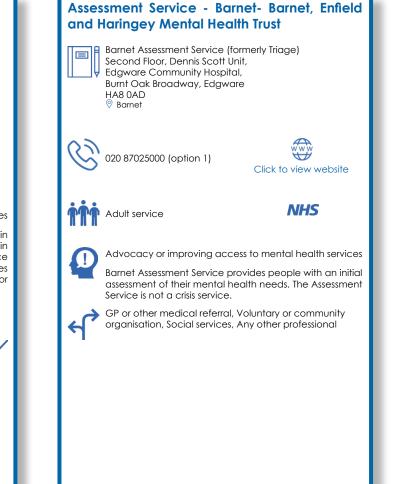
# Lambeth and Southwark



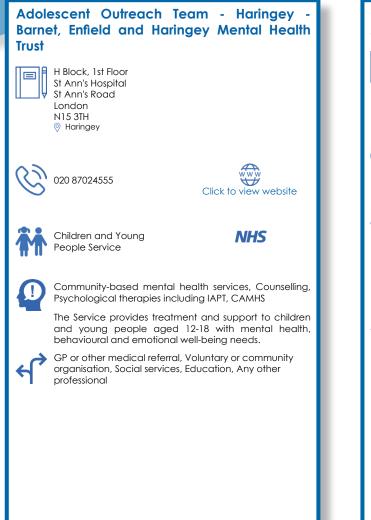


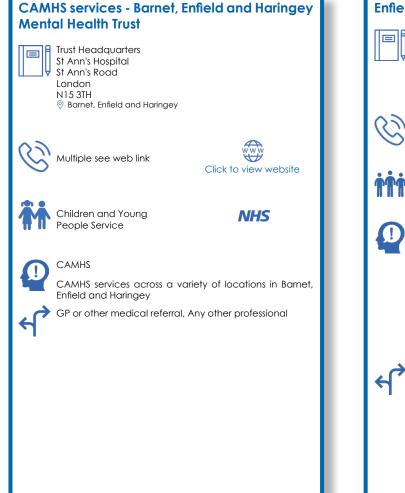


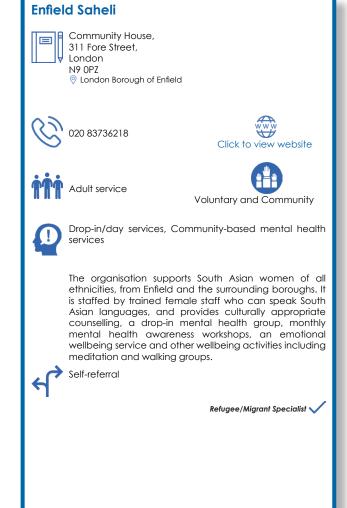












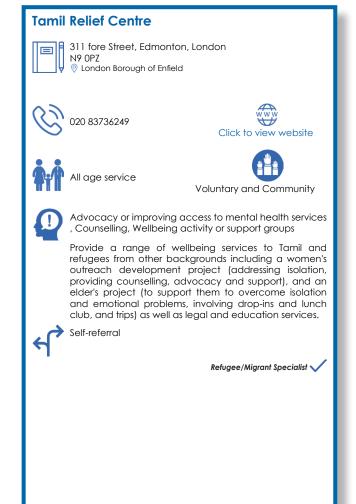


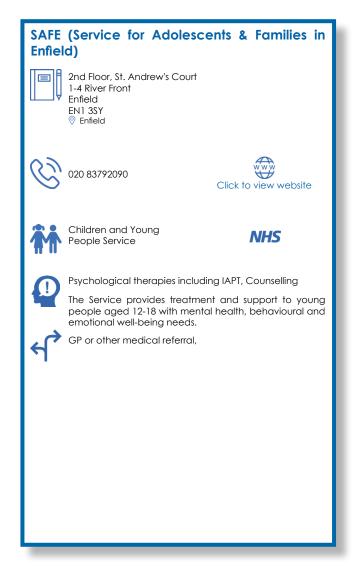
Let's Talk IAPT (Improving Access to Psychological Therapies) offers free and confidential talking therapies to people aged 16 and over. It helps with a range of common problems, including low mood and all anxiety disorders. It also offers a range of employment support and wellbeing workshops in the community. The team includes: Psychological Wellbeing Practitioners (PWPs) who are skilled at helping people find practical ways to manage their difficulties; CBT Therapists who are trained to deliver individual and group cognitive behavioural therapy; and Counsellors who are trained to provide an opportunity to talk about day-to-day difficulties as well as difficulties from the past. Therapy can take place over the phone, face-to-face or online. The service offers assessments and therapy in English, Turkish, Greek, Farsi, Polish and other languages and interpreters are available on request.

GP or other medical referral, Self-referral, Social services

Refugee/Migrant Specialist 🗸

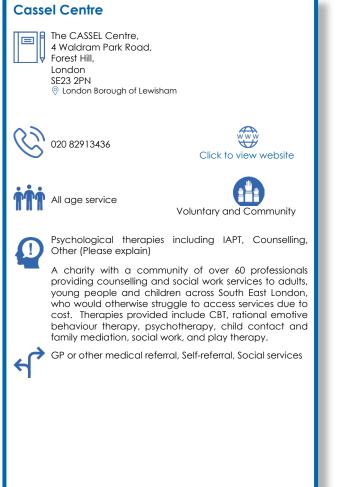
СНО	ICES Haringey		
	<sub> 8</sub> Haringey		
Ċ	020 87023405	Click to view website	
Ť	Children and Young People Service	NHS	
•	Counselling Provides one-off, face-to-fa to other local organisation needs for people sufferir	access to MH services , accesupport to signpost or refer ons depending on individual ng from a range of issues, about a traumatic event or	
≮∱	Self-referral		

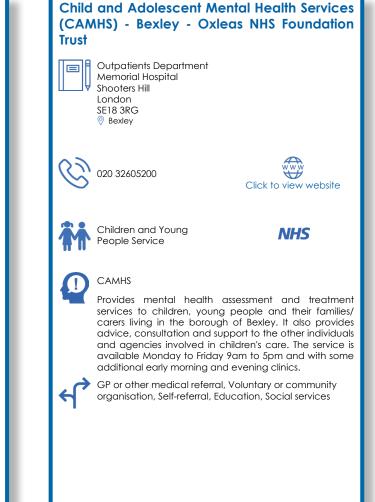




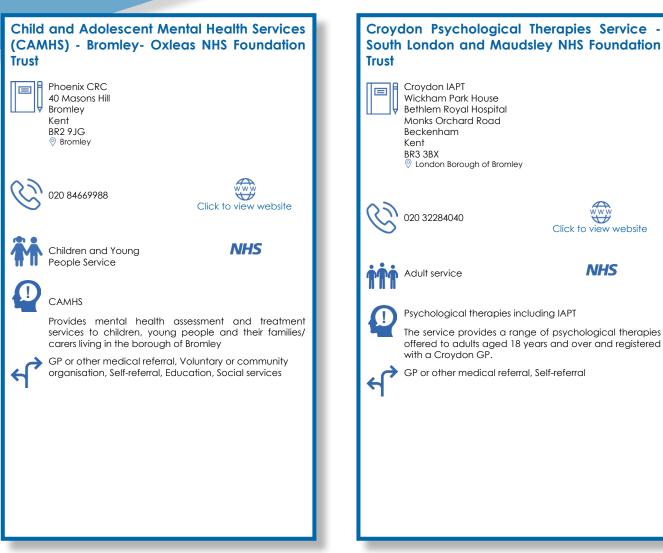
#### **LONDON** South East London

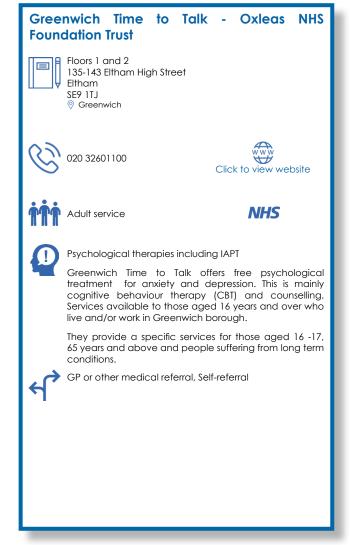




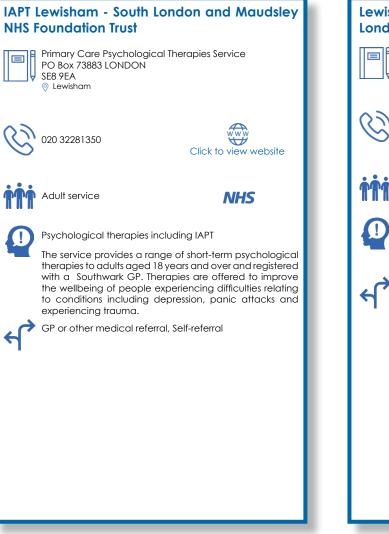


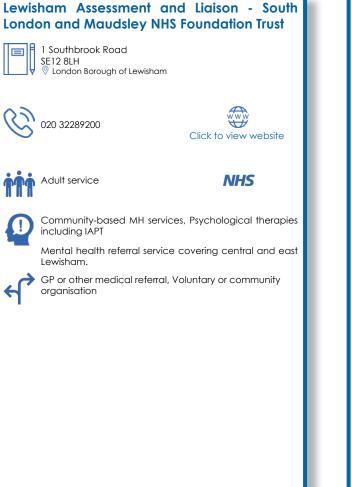
### **LONDON** South East London





### **LONDON** South East London







### **LONDON** South West London



**Refugee and Migrant Network Sutton** Granfers Community Centre, 73-79 Oakhill Road, Sutton, = Surrey SM1 3AA Sutton ΝWV 020 86444374  $\checkmark \not$ Click to view website Adult service Voluntary and Community Advocacy or improving access to mental health services RMNS, in partnership with Sutton Counselling, offers free one-to-one counselling for adult refugees needing a confidential setting to help them recover from traumatic events. These will include the problems of loss and exile, and the experience of torture. The counsellors are trained in this area of work, and in working with interpreters. Also offers a drop-in service and advocacy Self-referral, Friends and family, GP or other medical referral, Voluntary or community organisation Refugee/Migrant Specialist 🗸

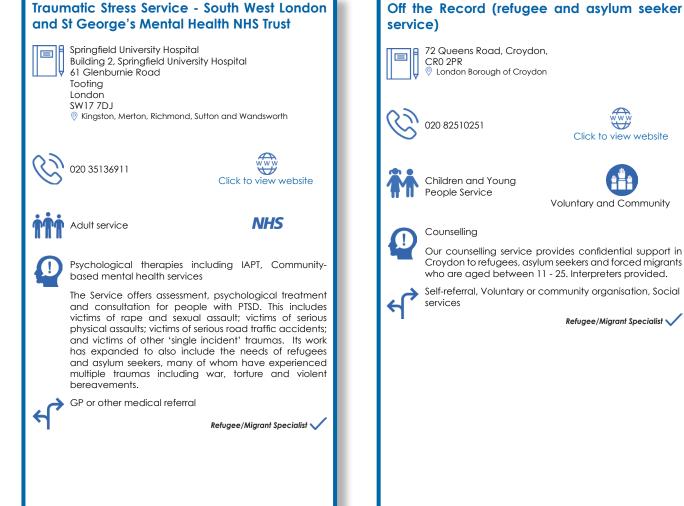


#### LONDON South West London

#### South West London and St George's Mental **Health NHS Trust**

Springfield University Hospital Building 15, 2nd Floor South West London and St George's Mental Health NHS Trust Springfield University Hospital 61 Glenburnie Road London SW177DJ Singston, Merton, Richmond, Sutton and Wandsworth

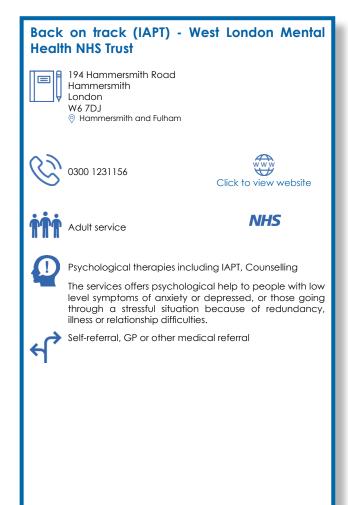






#### Waterloo Community Counselling - Multi-Ethnic Counselling Service (North West) 20 Lonsdale Road Queen's Park London NW6 6RD Ø Brent ŴŴŴ 020 79283462 Click to view website Adult service Voluntary and Community Counselling (1)Counselling is available to refugees and asylum seekers who are resident in any North London borough. They are currently able to offer counselling in the following languages: Albanian, Amharic, Arabic, English, Farsi, Farsi (Darri), French, Kurdish, Portuguese and Tamil but may be able to secure interpreters in other languages. Voluntary or community organisation, GP or other medical referral, Self-referral Refugee/Migrant Specialist 🗸





#### CAMHS - Central and North West London NHS Foundation Trust

 Multiple locations across north west London and Milton

 Keynes

 North West London and Milton Keyness

#### Multiple see web link

Click to view website

All age service

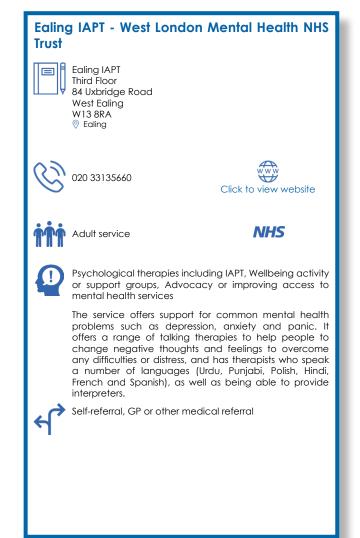
#### NHS

#### 

Community and specialist inpatient services for children experiencing mental health problems, and their families. Perinatal services also offered. Offers assessment and treatment packages for children and young people and their families. Treatment may include cognitive behavioural therapy (CBT), family therapy, play therapy, individual and group psychotherapy. Medication may also be provided where appropriate, provided by doctors.

GP or other medical referral

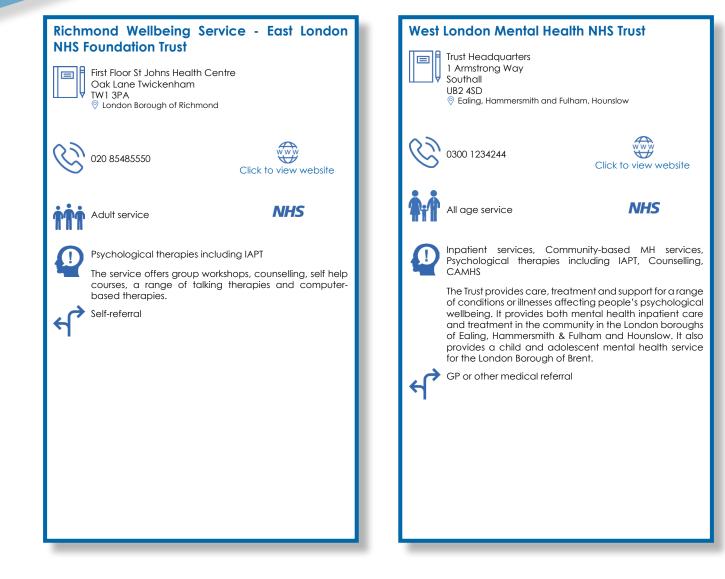


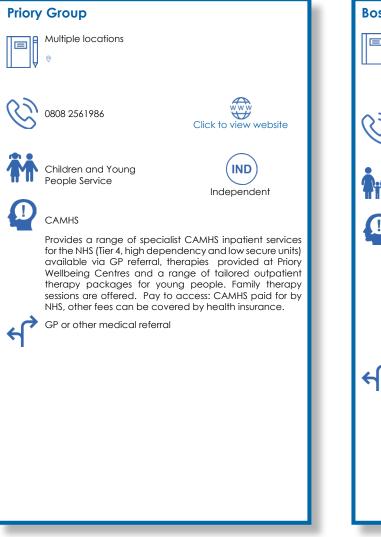




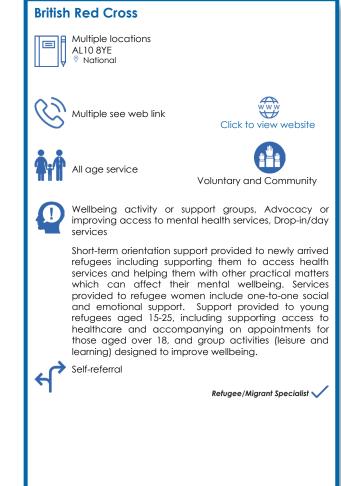


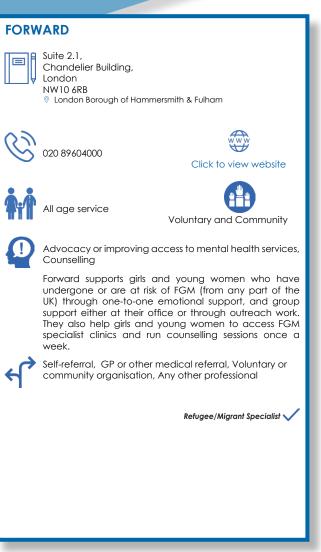










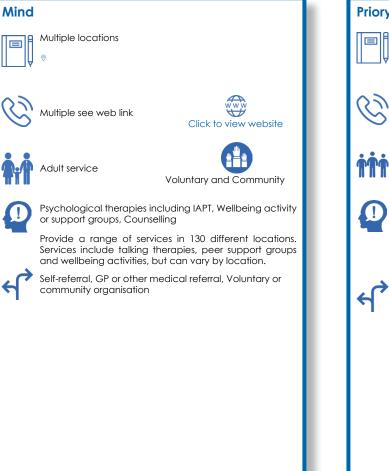


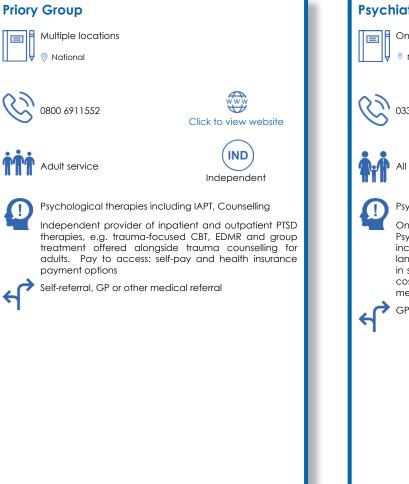


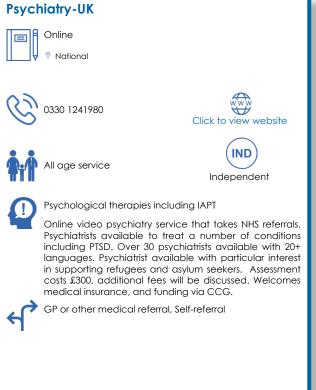
 Friends and family, GP or other medical referral, Self-referral, Solicitor, Voluntary or community organisation

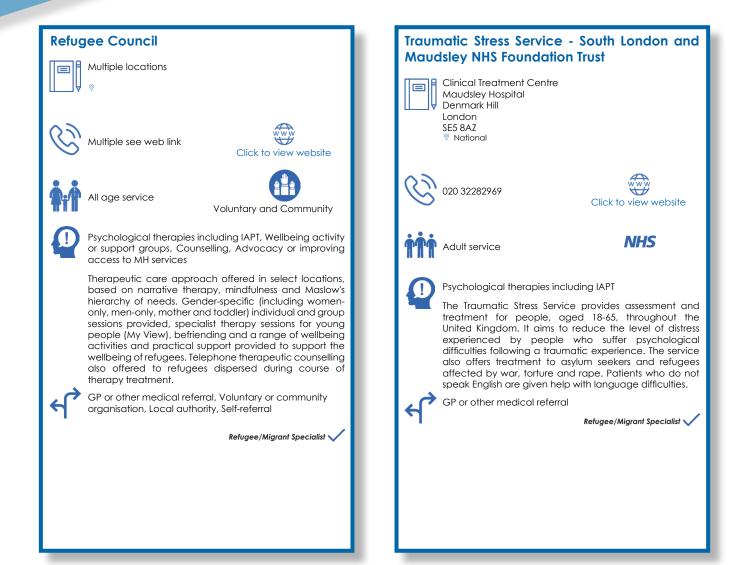
Refugee/Migrant Specialist 🗸











#### **NORTH EAST** Northumberland and Tyne and Wear

Children's Society - SMART (Supporting

Asylum-seekers and Refugees

Click to view website

Voluntary and Community

Refugee/Migrant Specialist 🗸

Provincial House, 150 Northumberland Street, Newcastle

Provides a weekly drop-in for families, with interpreter

support, as well as one-to-one appointments for service

users to resolve more complex matters. The organisation

also provides practical, emotional and skills based

support so children stay safe, enjoy a good childhood

Self-referral, Self-referral, Friends and family, Voluntary or

Migrants,

**Together**)

upon Tyne

0191 2210836

Children and Young

Wellbeing activity or support groups

and have increased wellbeing.

community organisation

People Service

Newcastle City Council

NE1 7DQ

Freedom from Torture

City House 1-3 City Road

Newcastle

0191 2615825

All age service

writing and cookerv.

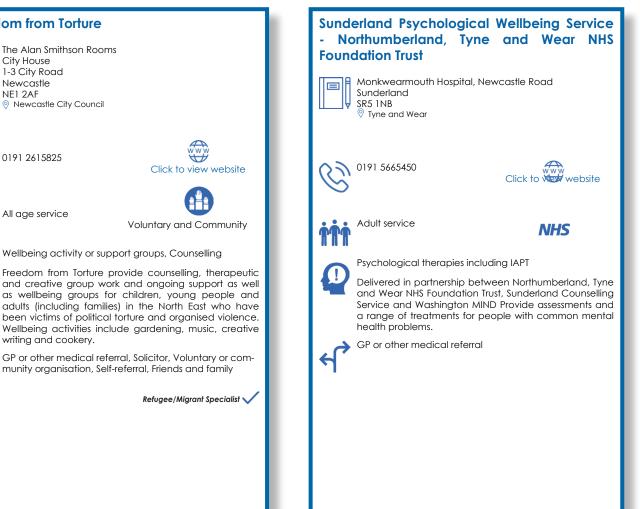
Wellbeing activity or support groups, Counselling

munity organisation, Self-referral, Friends and family

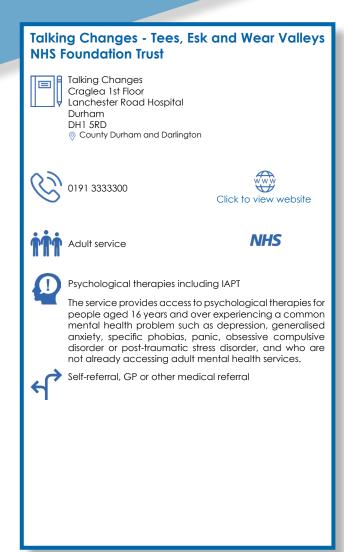
NE1 2AF

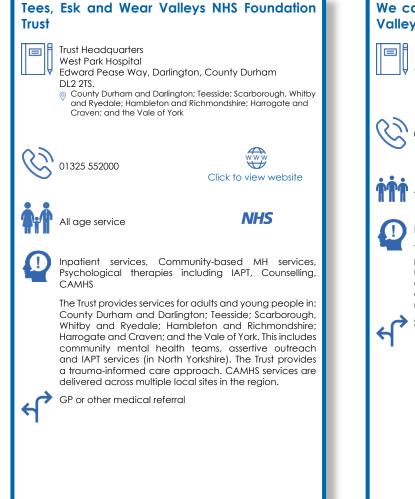
The Alan Smithson Rooms

Newcastle City Council



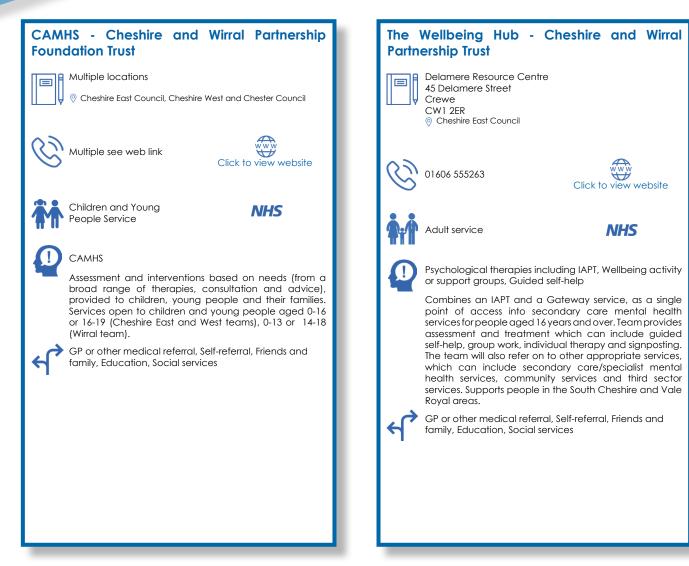
### **NORTH EAST** Tees Valley and Durham



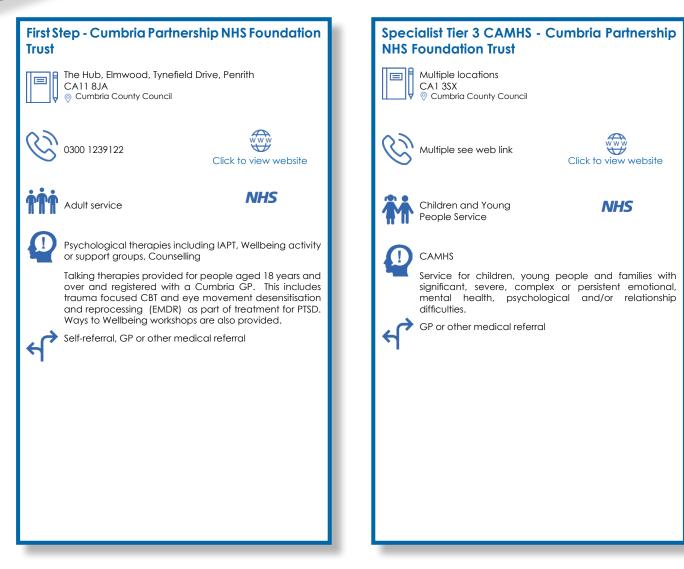




### NORTH WEST Cheshire



### NORTH WEST Cumbria



### **NORTH WEST** Greater Manchester

#### Befriending Refugees and Asylum Seekers (BRASS)

The Park Lodge, Green Lane, Great Lever, Bolton, Lancashire BL3 2HP Ø Bolton Metropolitan Borough Council

01204 238340

Click to view website

II aae service

Voluntary and Community

www W



4

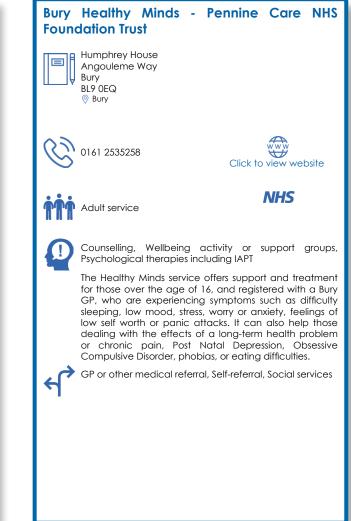
Wellbeing activity or support groups

Reducing isolation and promoting wellbeing through creative, fitness, healthy eating and group activities and drop in and befriending services. Wellbeing activities include a weekly sewing group and drop-in sessions.

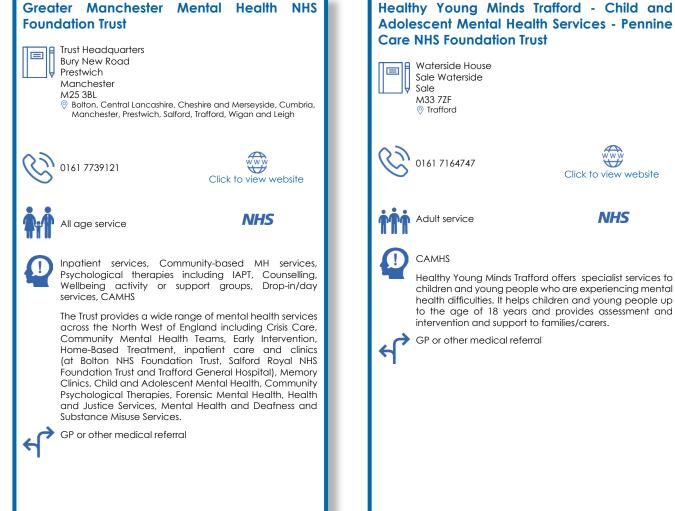
Self-referral, Voluntary or community organisation

Refugee/Migrant Specialist 🗸







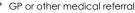


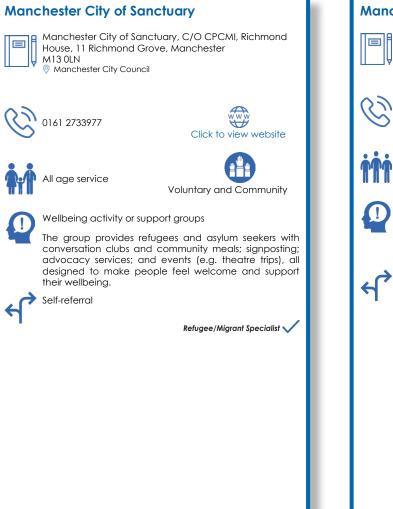
Sale Waterside M33 7ZF ⑦ Trafford 0161 7164747 X7 Click to view website NHS Adult service CAMHS Healthy Young Minds Trafford offers specialist services to children and young people who are experiencing mental health difficulties. It helps children and young people up to the age of 18 years and provides assessment and intervention and support to families/carers. GP or other medical referral

#### Heywood & Middleton Community Mental Health Team - Pennine Care NHS Foundation Trust

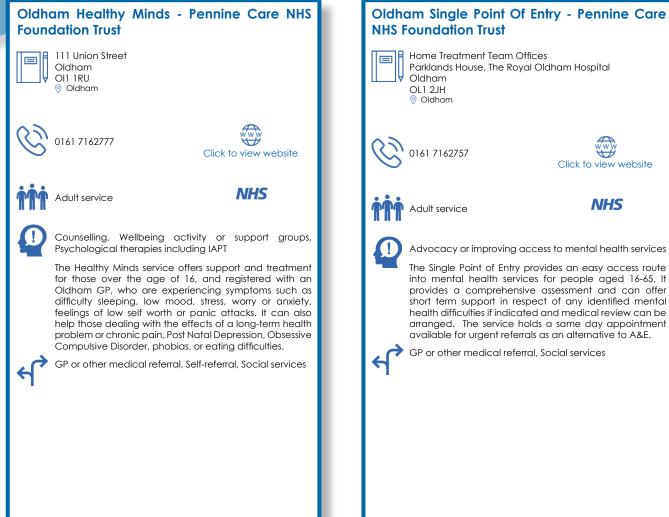


Ine service otters mental health services to residents of Heywood & Middleton whose mental health needs call for services under the Care Programme Approach (CPA). Service users are offered assessment, care planning, care and treatment with usually a named care coordinator and Consultant Psychiatrist involved in their care. The team comprises of Doctors, Nurses, Social Workers, Occupational Therapists, Support workers and with input from Psychological services.

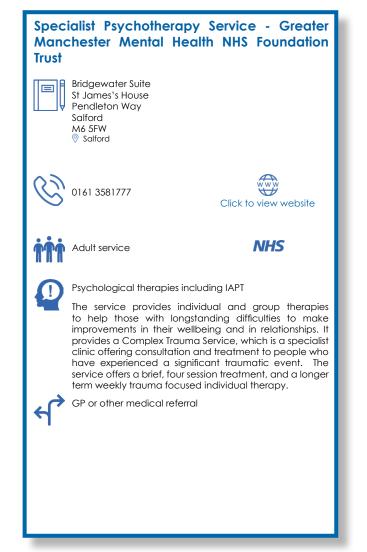


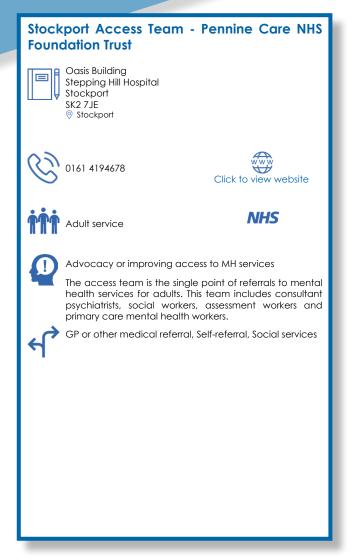


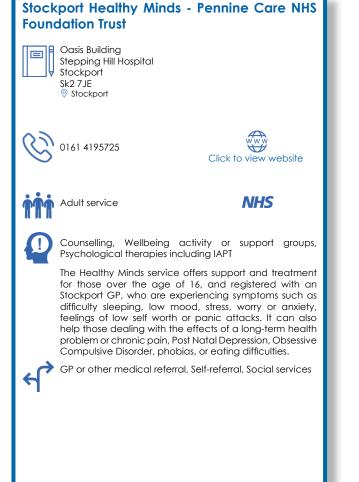


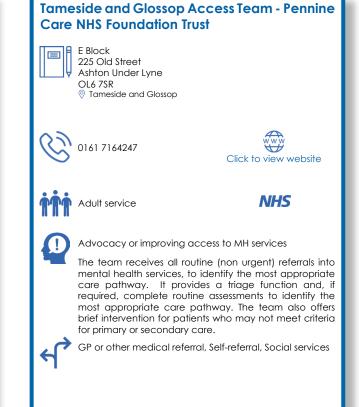


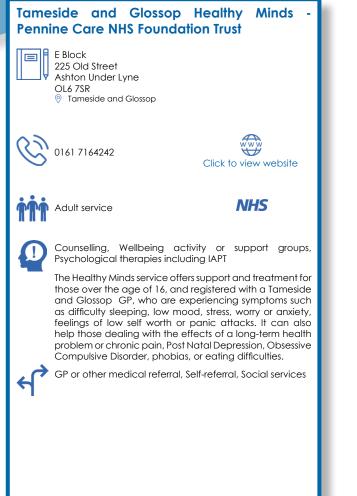




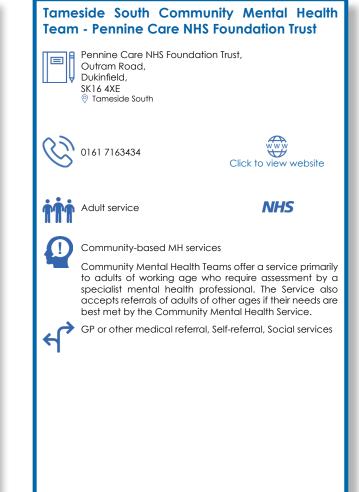


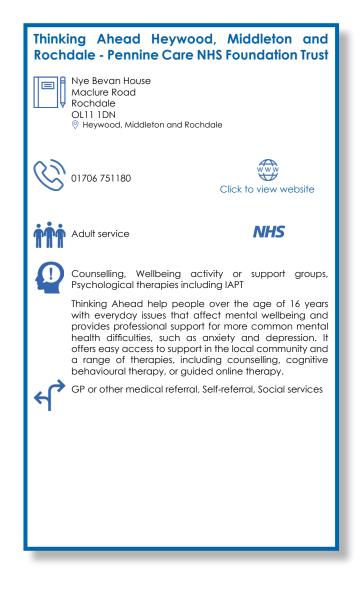












## **NORTH WEST** Lancashire

#### CAMHS Tier 2 & 3 Community Services -Lancashire Care NHS Foundation Trust

Chorley & South Ribble CAMHS, Fylde & Wyre CAMHS, Lancaster & Morecambe CAMHS, Preston CAMHS, West Lancashire CAMHS Multiple see web link O Lancashire

#### Multiple see web link

Click to view website

Children and Youna People Service

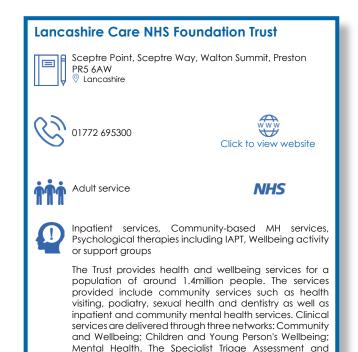
NHS

#### CAMHS

Provides multidisciplinary mental health services for all children and young people with mental health problems and disorders to ensure effective assessment, treatment and support, for them and their families. Services are provided mainly in the clinic settings. But some young people are seen in satellite clinics, school, the home environment, GPs surgeries, Children's centres and other settinas.



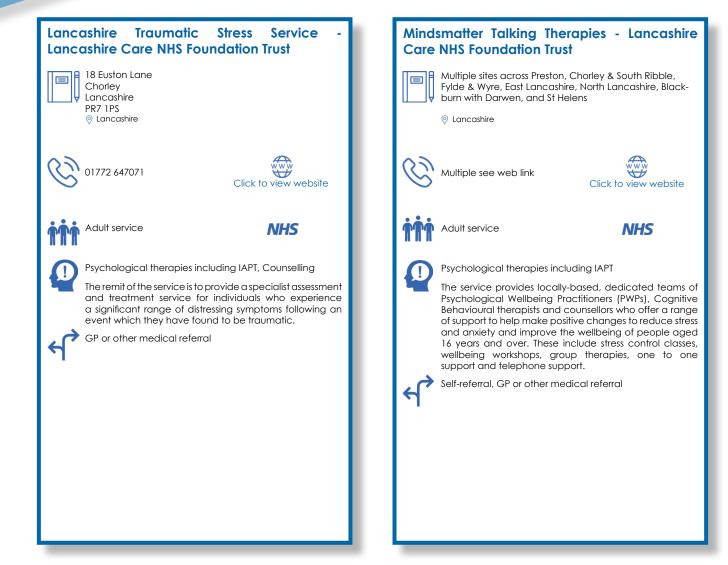




into Adult Mental Health Services (aged 16+). GP or other medical referral, Self-referral

Referral Team (START) provides a single point of access

#### NORTH WEST Lancashire



#### Assessment Teams - North West Boroughs Healthcare NHS Foundation Trust

Knowsley Assessment Team Knowlsey Resource and Recovery Centre Whiston Hospital Dragon Lane Prescot L35 5DR (\*) Halton, Knowsley, St Helens, Warrington and Wigan

0151 6765263

Click to view website

Adult service

NHS

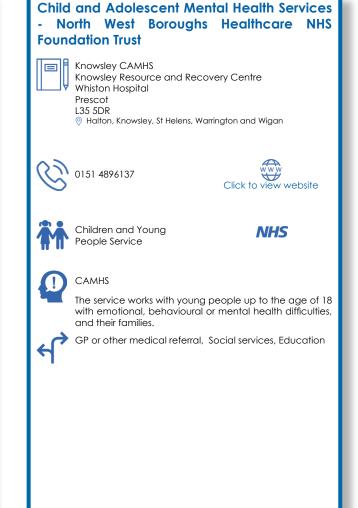


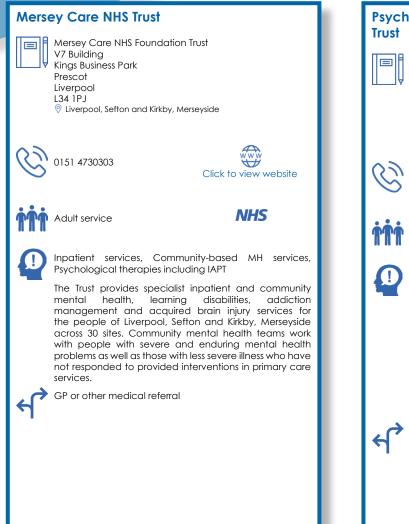
Advocacy or improving access to mental health services, Community-based mental health services

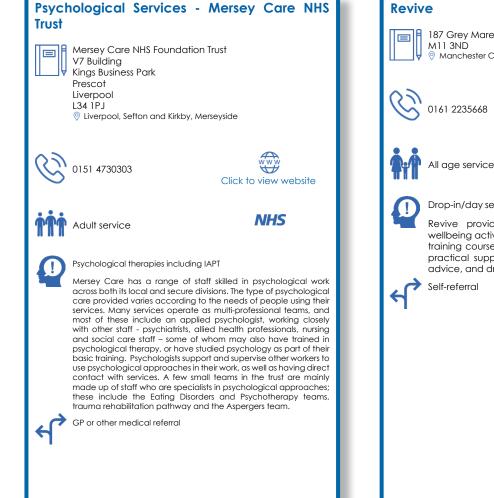
The all-hours Assessment Team provides specialist assessment, advice and signposting for adults with moderate to severe symptoms of mental illness such as severe depression and anxiety, as well as conditions like schizophrenia and bipolar disorder.

GP or other medical referral, Self-referral



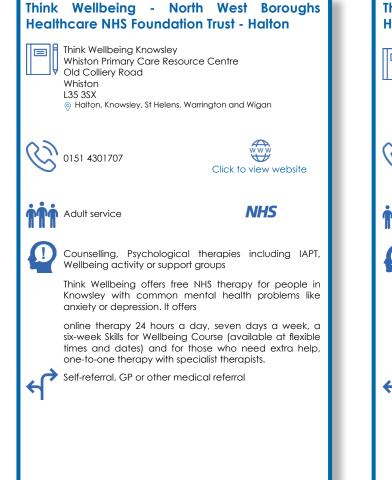




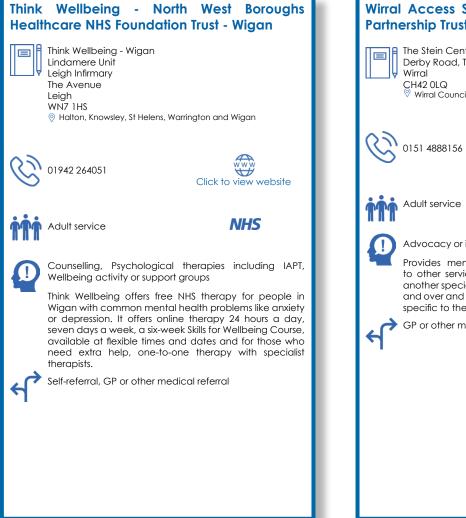






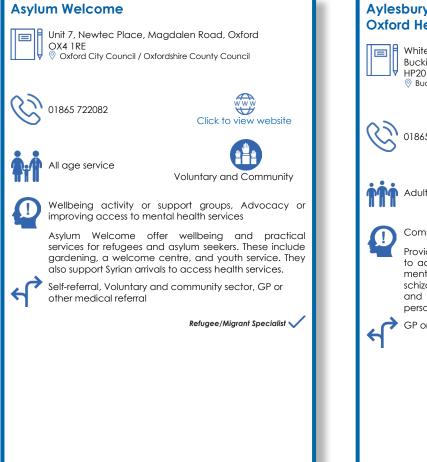


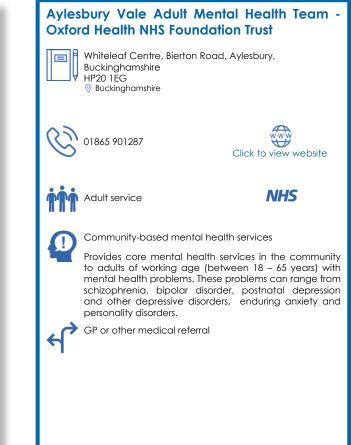


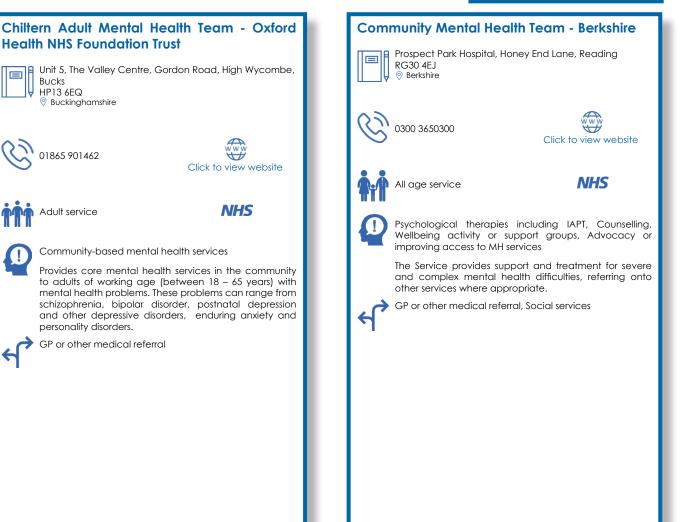


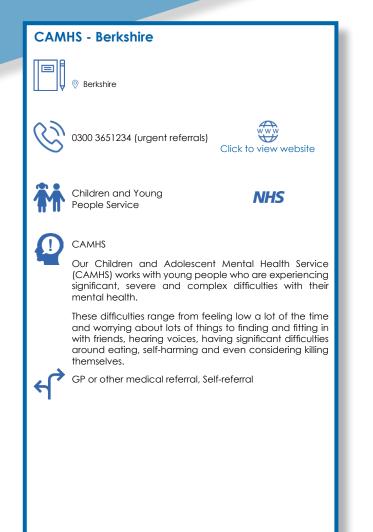






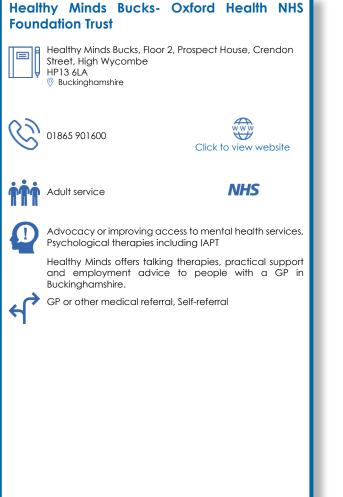


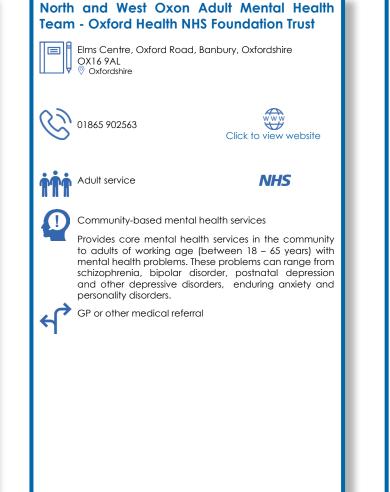




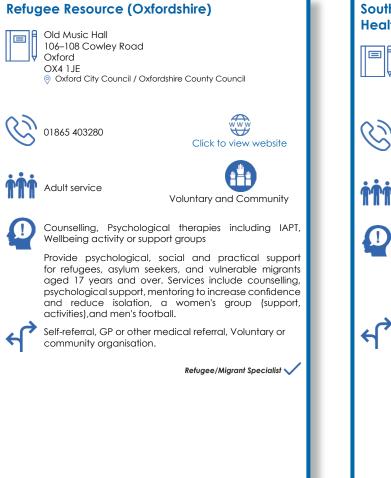
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Bucks



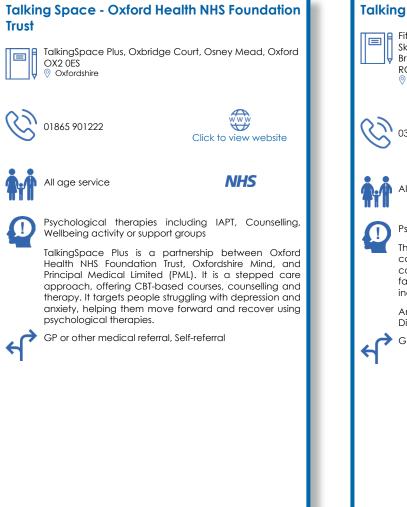










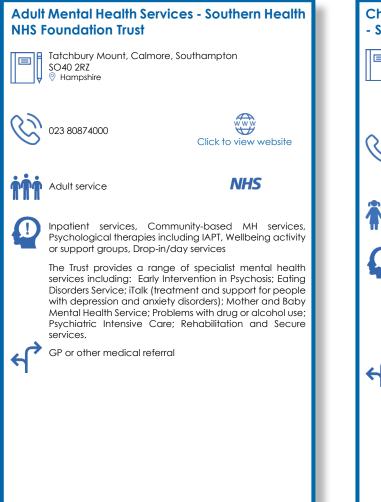


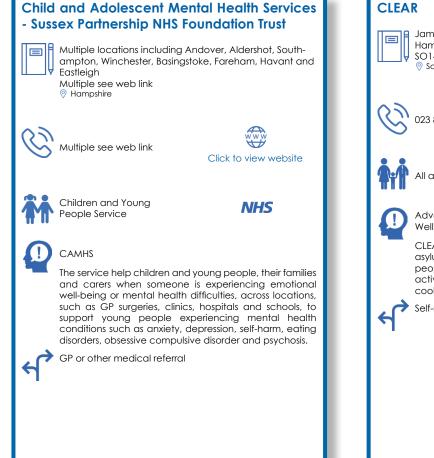




# SOUTH EAST

#### Hampshire and Isle of Wight

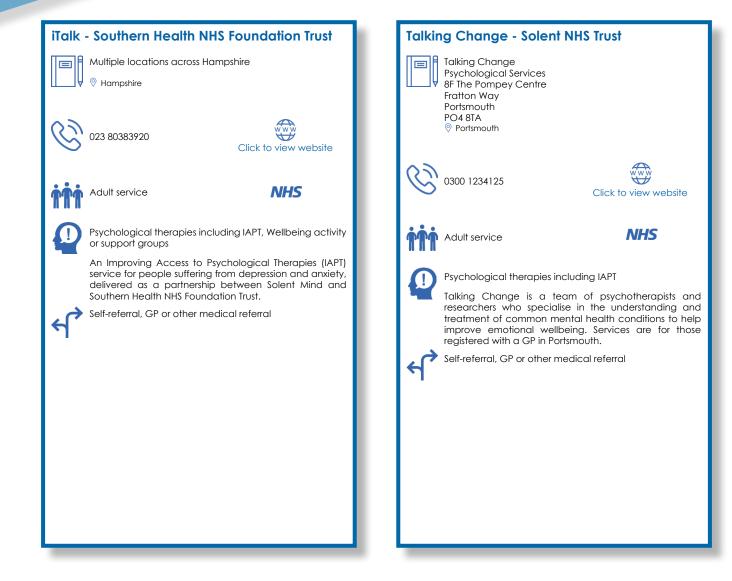






# **SOUTH EAST**

#### Hampshire and Isle of Wight

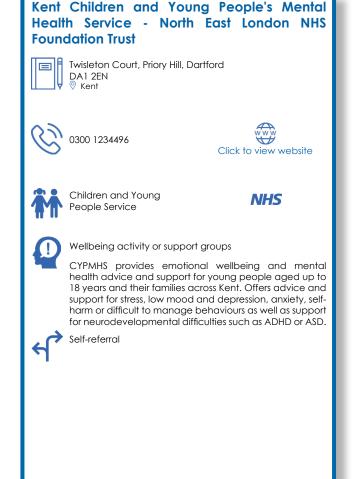


#### SOUTH EAST Kent

#### Trust Headquarters, Farm Villa, Hermitage Lane, Maidstone, Kent ME16 9PH Kent and Medway 0300 2220123 Click to view website NHS All age service Inpatient services, Community-based mental health services, Counselling, Wellbeing activity or support groups, Drop-in/day services The Trust provides mental health and social care services for Kent and Medway, predominantly provided around key urban centres including Maidstone, Medway and Canterbury, as well as in community locations. Services are provided through community based teams, outpatient clinics and inpatient units, for people aged 14 years and over. GP or other medical referral

Kent and Medway NHS and Social Care

**Partnership Trust** 





## **SOUTH EAST** Kent

#### **Thinkaction Ashford - Kent and Medway NHS** and Social Care Partnership Trust



171 Beaver Road, Ashford, Kent TN23 75G Ashford, Charing, Tenterden, Sellindge, Hamstreet and Wood church

#### 0300 0120012





Adult service



Psychological therapies including IAPT, Wellbeing activity or support groups, Counselling

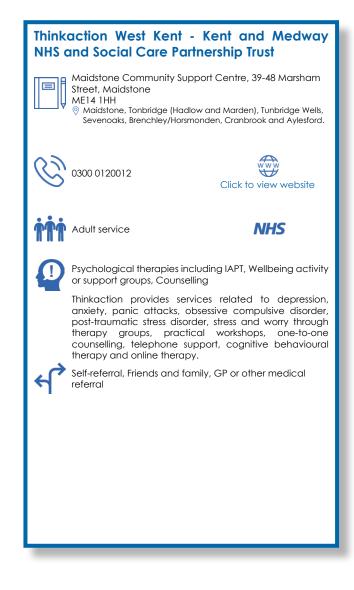
Thinkaction provides services related to depression, anxiety, panic attacks, obsessive compulsive disorder, post-traumatic stress disorder, stress and worry through therapy groups, practical workshops, one-to-one counselling, telephone support, cognitive behavioural therapy and online therapy.

Self-referral, Friends and family, GP or other medical referral





#### SOUTH EAST Kent

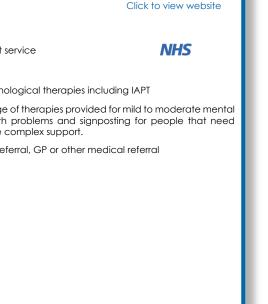


**Therapies** 

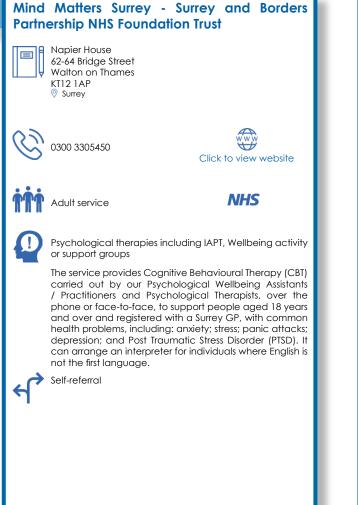
Dorking

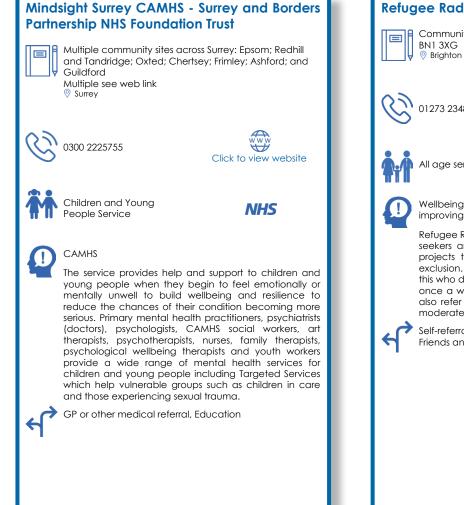


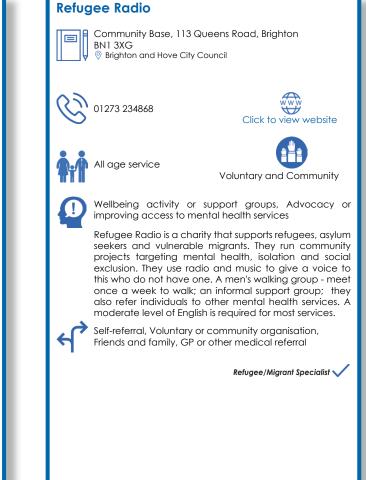
Health in Mind - Su Foundation Trust	ssex Partnership NHS	IAPT Psychological Healthcare Limited
East Sussex		Multiple locations © Surrey County Council
0300 0030130	Click to view website	01306 735473
Adult service	NHS	Adult service
that help with stress, anx	rses and other types of therapies iety and low mood, delivered by gical Wellbeing Practitioners and alth Practitioners	Psychological therapies Range of therapies pro- health problems and more complex suppor Self-referral, GP or othe



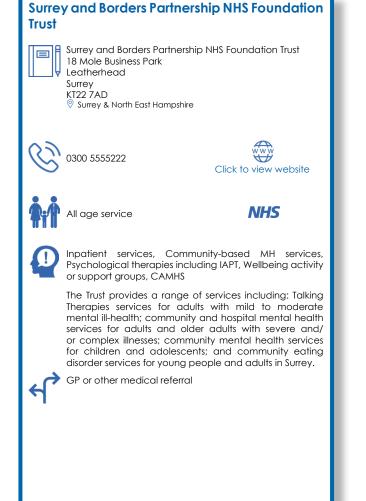
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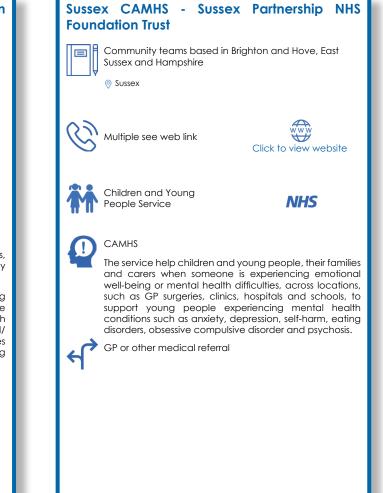




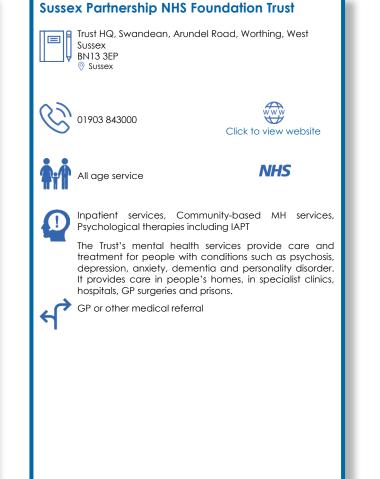






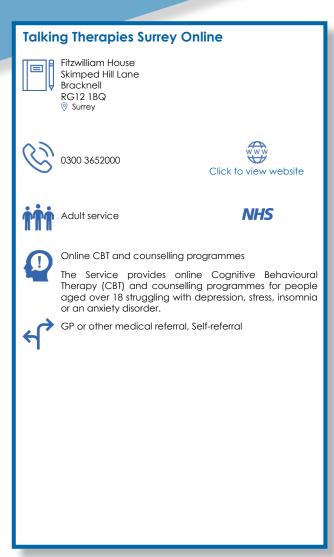


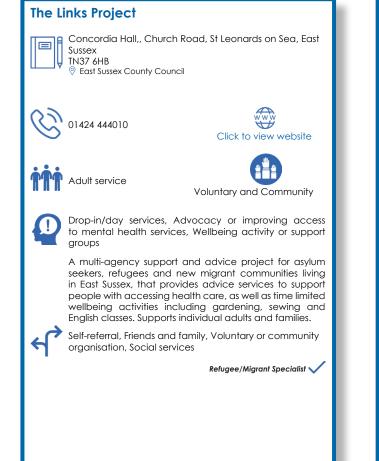






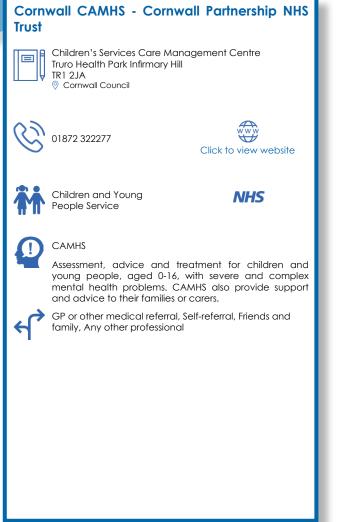
Youth Action Sussex - Refugee and Asylum

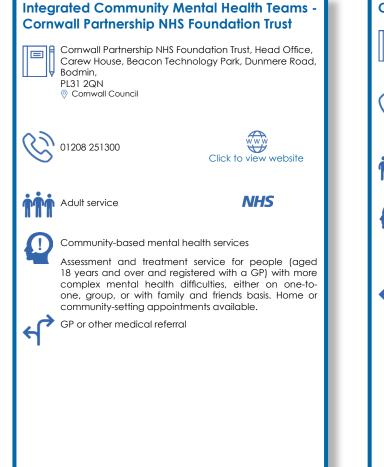


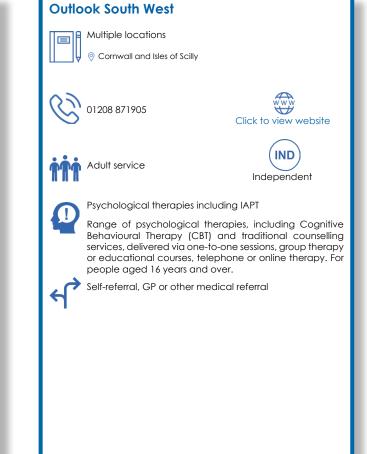




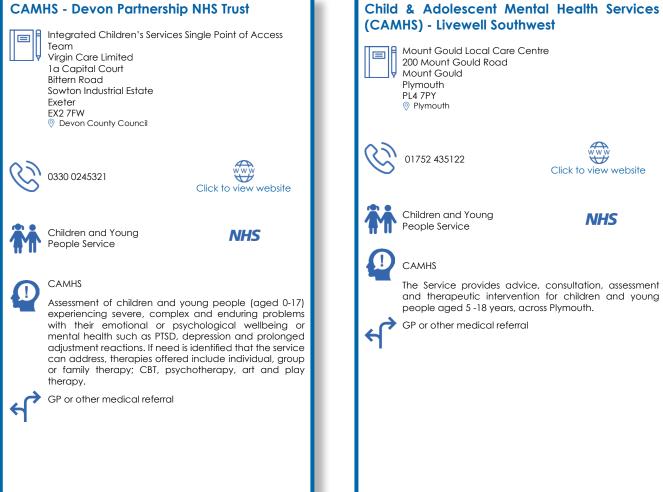
#### **SOUTH WEST** Cornwall and Isles of Scilly

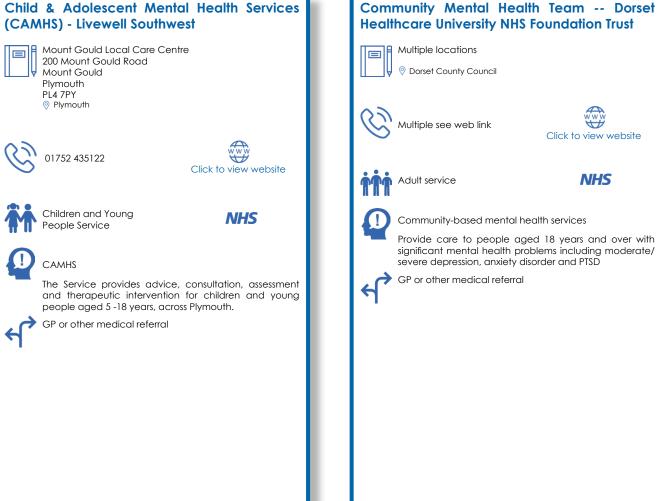






#### **SOUTH WEST** Devon





NHS Community-based mental health services Provide care to people aged 18 years and over with

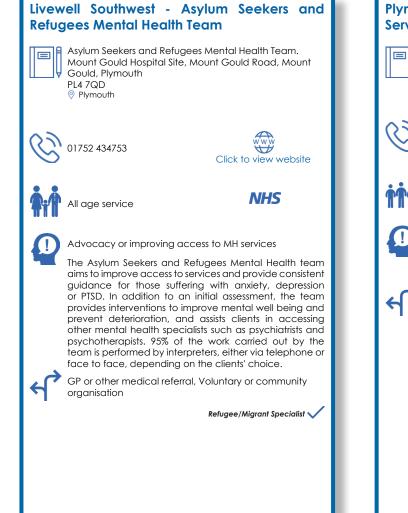
Click to view website

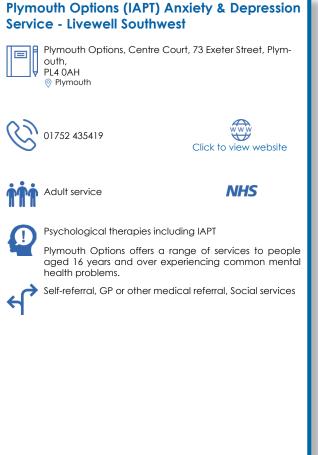
significant mental health problems including moderate/ severe depression, anxiety disorder and PTSD

GP or other medical referral

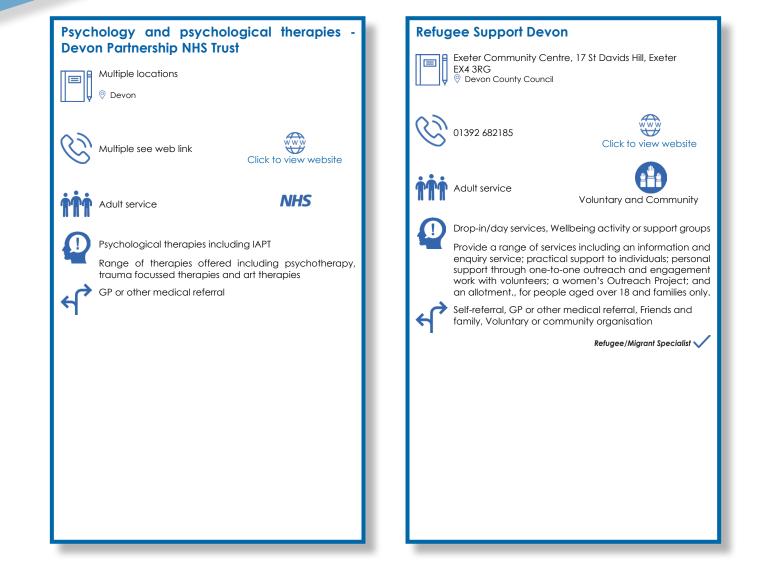
#### SOUTH WEST Devon







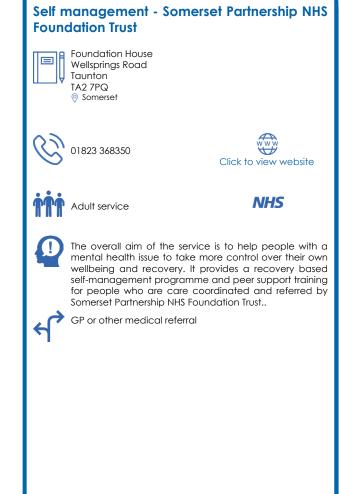
#### SOUTH WEST Devon



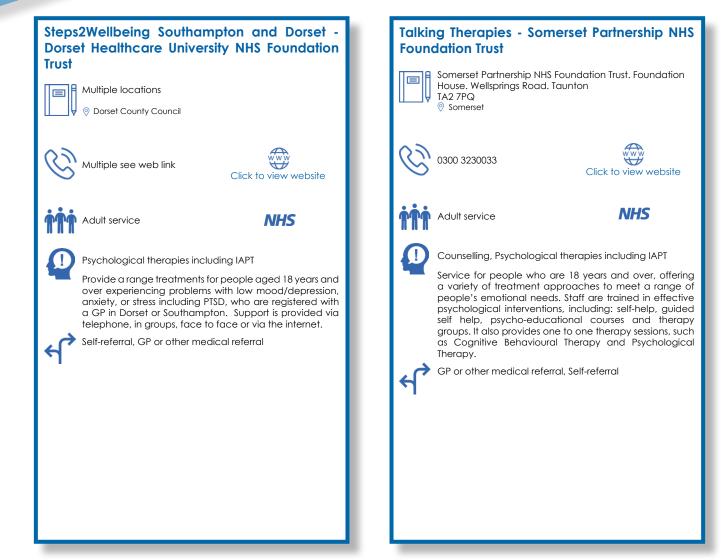
## **SOUTH WEST** Dorset and Somerset



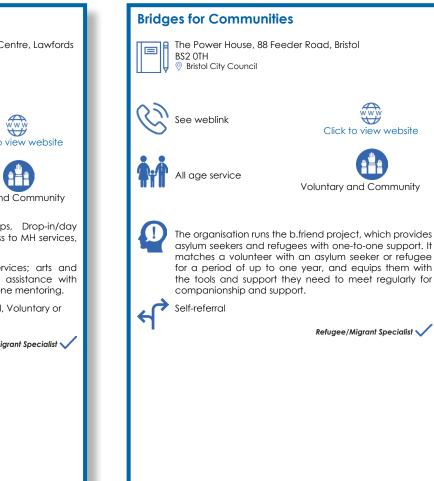




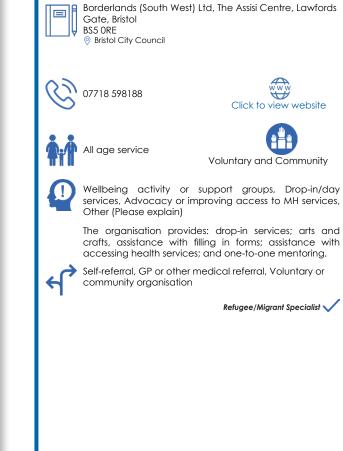
### **SOUTH WEST** Dorset and Somerset



#### **SOUTH WEST** Gloucestershire, Wiltshire, Bristol and Bath



#### Art Refugee UK Number 30, The Coach House, 2, Upper York Street, Bristol BS2 8QN Ø Bristol City Council ŵwv 07939 764152 \$ Click to view website Children and Youna People Service Voluntary and Community Wellbeing activity or support groups Art therapy group for young refugees in Bristol Self-referral Refugee/Migrant Specialist 🗸

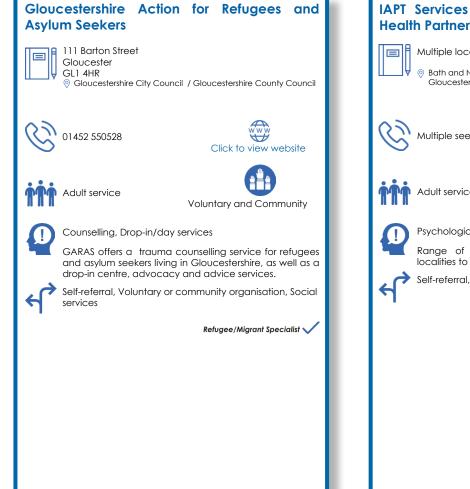


**Borderlands** 

#### **SOUTH WEST** Gloucestershire, Wiltshire, Bristol and Bath

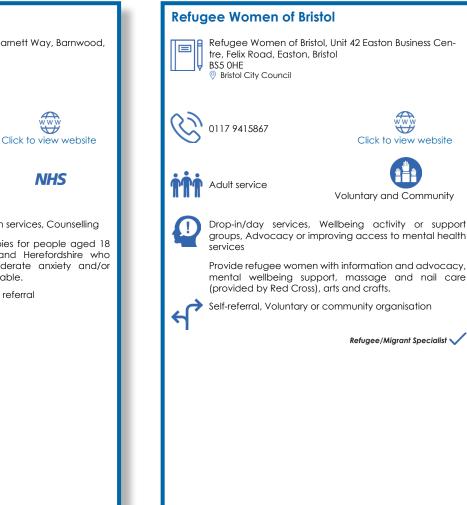
#### CAMHS Outreach service – Swindon, Wiltshire, Bath & NE Somerset - Oxford Health NHS Foundation Trust





Multiple locations <ul> <li>Bath and North East Somerset; North Somerset; Bristol; South Cloucestershire; Wiltshire and Swindon</li> </ul> <ul> <li>Multiple see web link</li> <li>Cick to view website</li> </ul> <ul> <li>Adult service</li> </ul>
Gloucestershire; Wiltshire and Swindon          Multiple see web link         Click to view website         Adult service
Click to view website
Psychological therapies including IAPT
Range of therapeutic interventions across different localities to support people's differing emotional needs.
Self-referral, GP or other medical referral

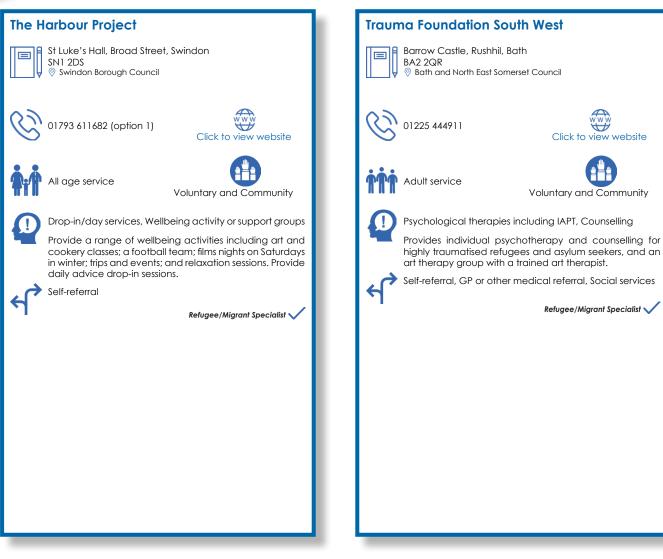
#### **SOUTH WEST** Gloucestershire, Wiltshire, Bristol and Bath

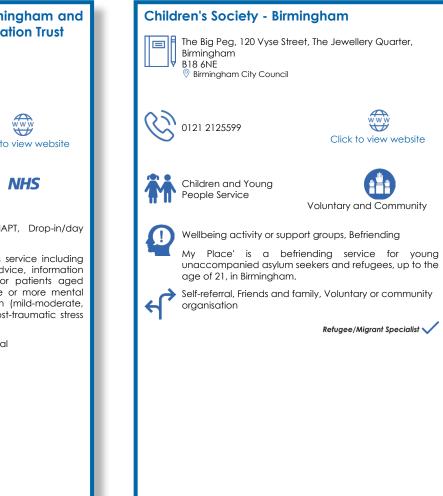


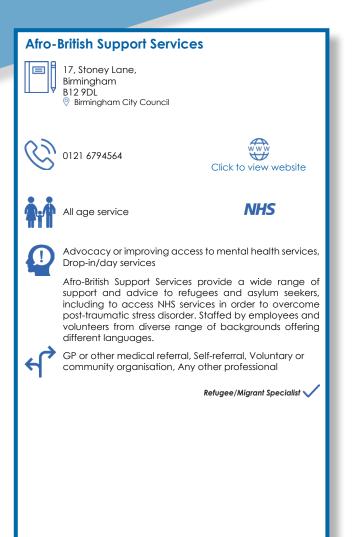
**Kandu Arts** 🚦 19A & 19B The Bridge, Chippenham SN15 1HA Wiltshire Council 01249 444009 Click to view website All age service Voluntary and Community Wellbeing activity or support groups Kandu Arts provides a variety of support and wellbeing services including mentoring and family support; football club Kandu Kicks; after-school groups (currently providing a group for girls); residential trips; film making, song writing and music projects. They also provide alternative education provision for young people not able to attend mainstream school at all times. They seek to work with the whole community. Self-referral, Education, Social Services, Any other professional



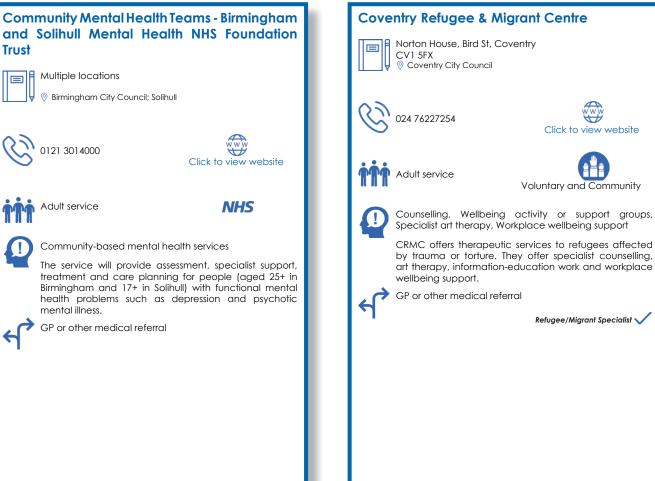
# **SOUTH WEST** Gloucestershire, Wiltshire, Bristol and Bath





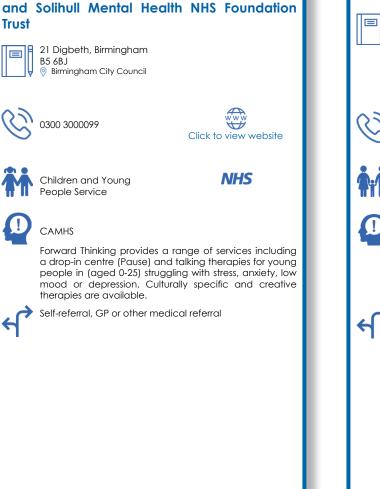






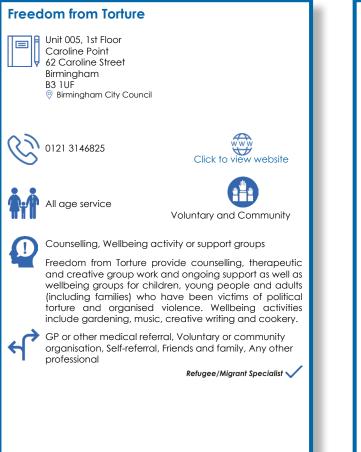
### **Children's Society - Coventry** 2nd Floor, Eaton House, 1 Eaton Road, Coventry CV1 2FJ Oventry City Council 024 76230060 Click to view website l age service Voluntary and Community Wellbeing activity or support groups, Befriending, Advocacy or improving access to mental health services My Place' is befriending service for young unaccompanied asylum seekers and refugees, up to the age of 21, in Coventry. Self-referral, Friends and family, Voluntary or community oraanisation Refugee/Migrant Specialist 🗸



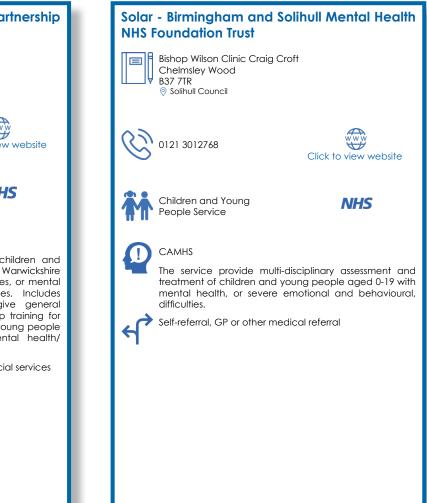


Forward Thinking Birmingham - Birmingham

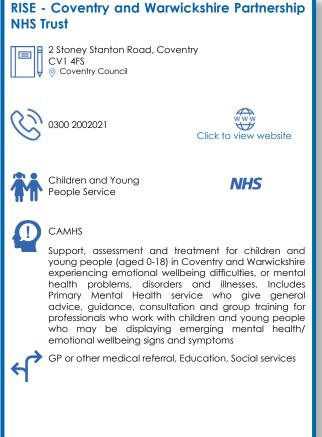
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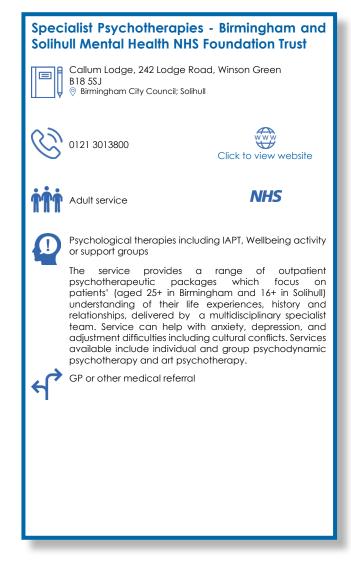












# WEST MIDLANDS Dudley, Sandwell, Walsall and

### **Dudley Talking Therapies - Dudley and Walsall Mental Health Partnership**



Oudley Borough Council

### 0800 9530404



Adult service

NHS

vwi



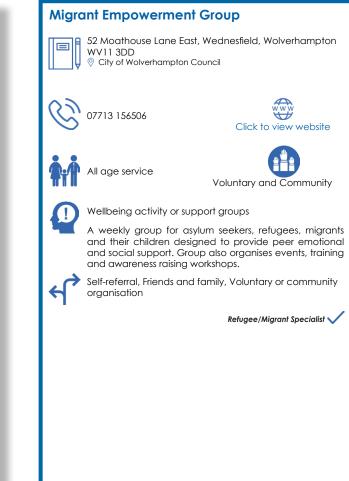
Psychological therapies including IAPT, Wellbeing activity or support groups

Psychological therapies offered for people aged 16 years and over including wellbeing workshops, computerised Cognitive Behavioural Therapy (cCBT), group or individual therapy, guided self-help and signposting to other support services.

Self-referral, GP or other medical referral

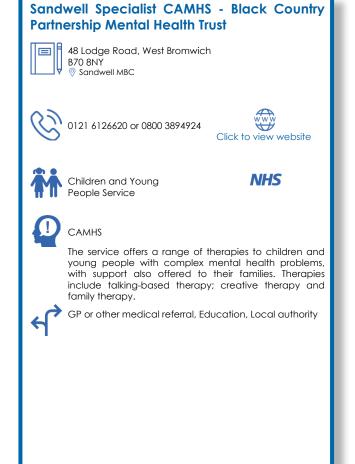


Wolverhampton



# **WEST MIDLANDS** Dudley, Sandwell, Walsall and Wolverhampton

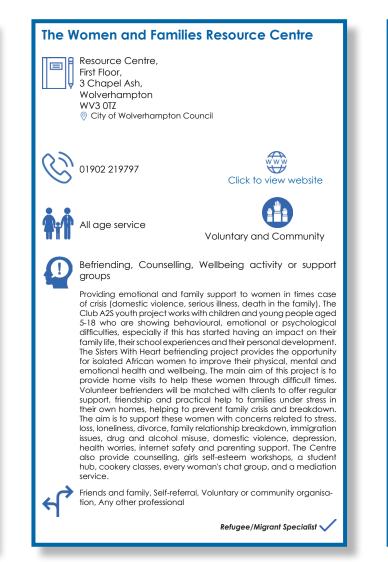






# **WEST MIDLANDS** Dudley, Sandwell, Walsall and Wolverhampton

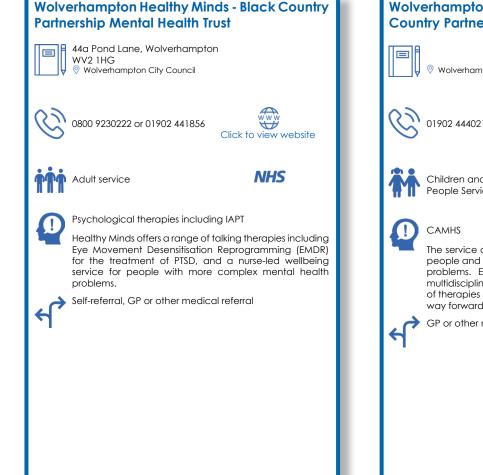
#### **Specialist CAMHSWalsall - Dudley and Walsall Mental Health Partnership Trust** The Elms Slade Road Cradley Halesowen West Midlands B63 2UR Oudley Borough Council 01384 324689 $\mathbf{x}$ Click to view website Children and Young NHS **People Service** CAMHS Assessment and treatment of moderate to severe mental health difficulties that children and young people (aged 0-16 years) experience. GP or other medical referral, Social services

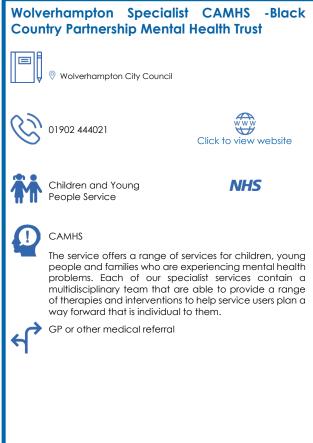




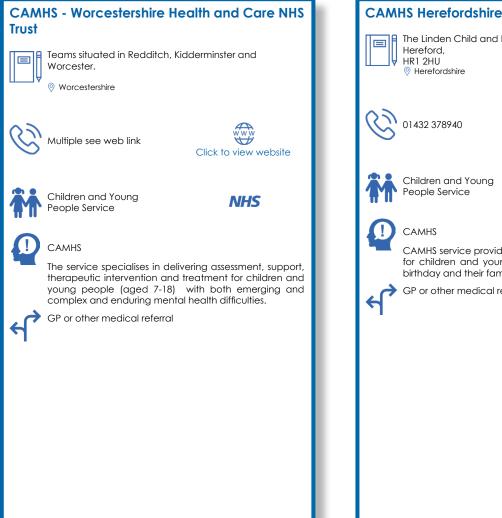
# **WEST MIDLANDS** Dudley, Sandwell, Walsall and Wolverhampton



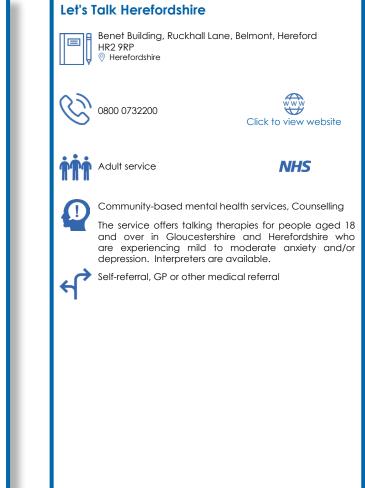




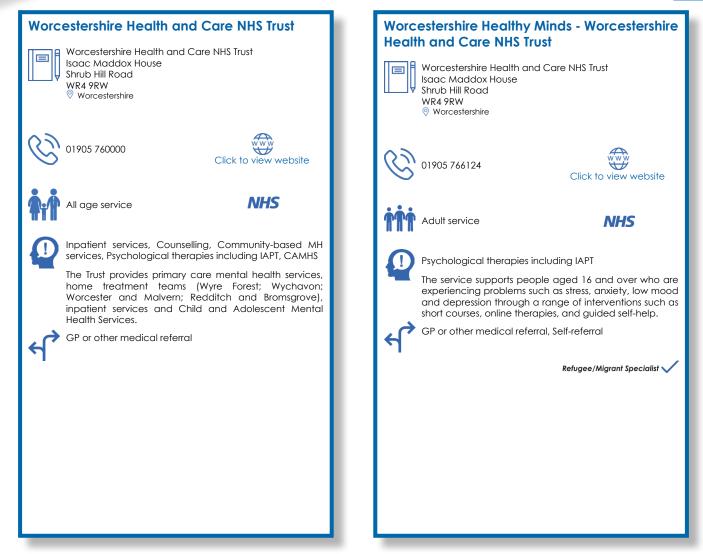
# WEST MIDLANDS Herefordshire, Worcestershire and Warwickshire

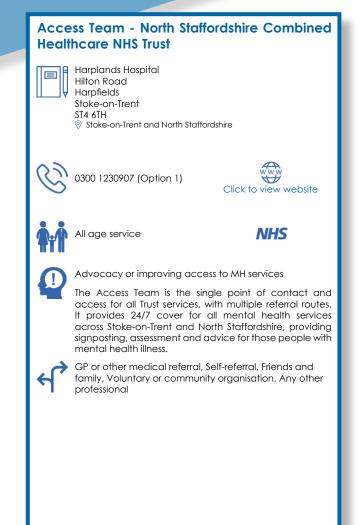


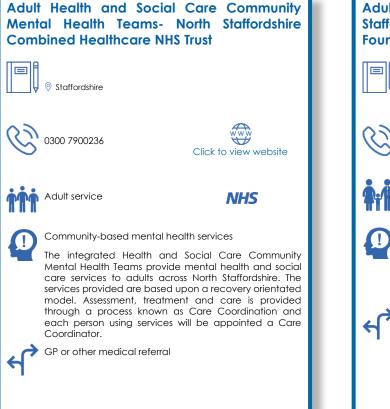
CAMITS HELEIOLUSIIILE	LEI
The Linden Child and Family Centre, Gaol Street, Hereford, HR1 2HU © Herefordshire	
01432 378940 Click to view website	Ċ
Children and Young People Service	İİ
CAMHS CAMHS service provides specialist mental health services	
for children and young people from birth to their 18th birthday and their families/carers.	
GP or other medical referral, Education, Social services	4

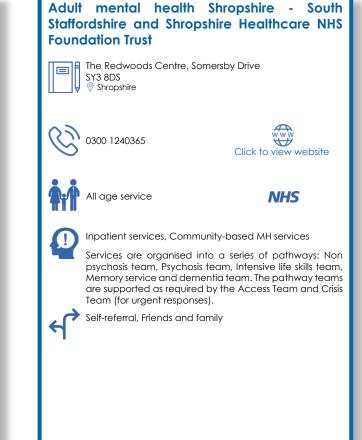


# WEST MIDLANDS Herefordshire, Worcestershire and Warwickshire









#### Adult mental health South Staffordshire - South Staffordshire and Shropshire Healthcare NHS **Foundation Trust**

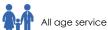












NHS

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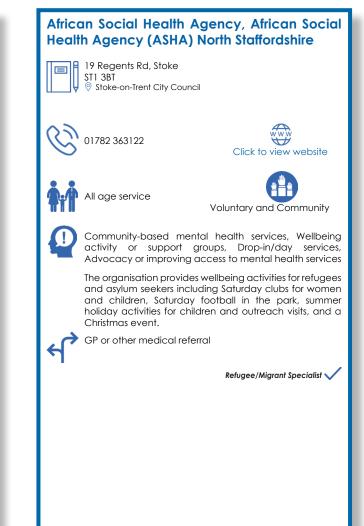


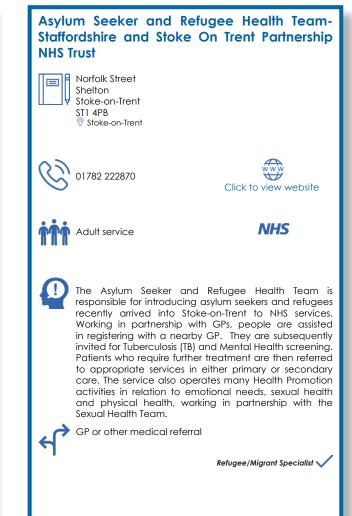
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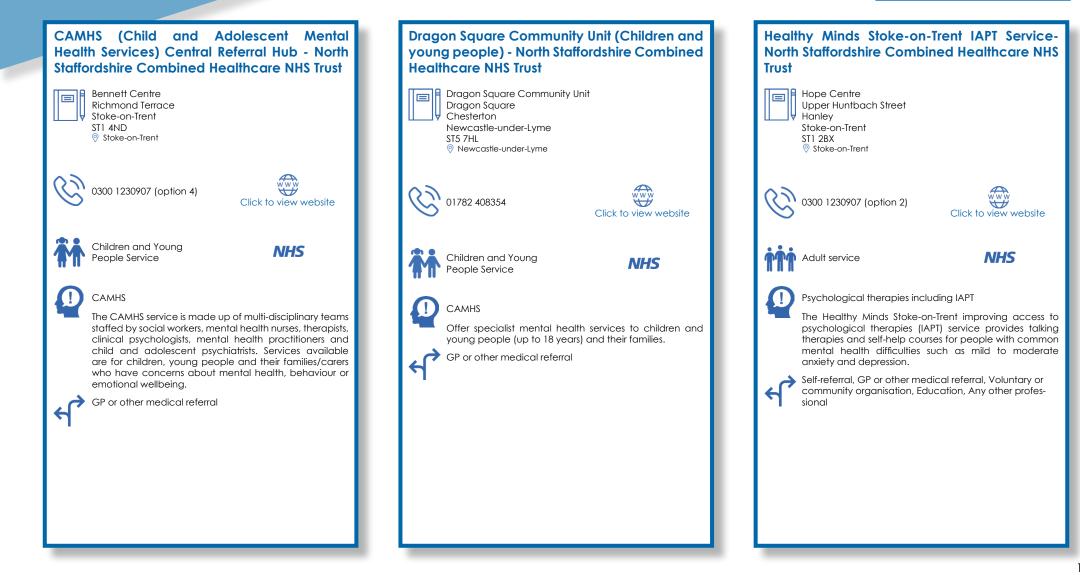
#### Inpatient services, Community-based MH services

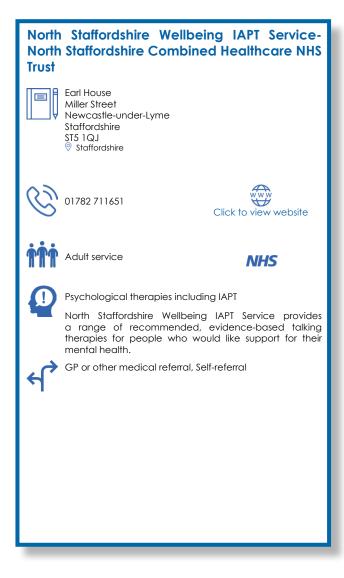
Services are organised into a series of pathways: Non psychosis team, Psychosis team, Intensive life skills team, Memory service and dementia team. The pathway teams are supported as required by the Access Team and Crisis Team (for urgent responses).

Self-referral, Friends and family



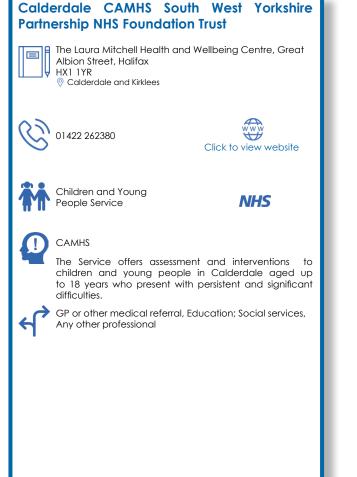


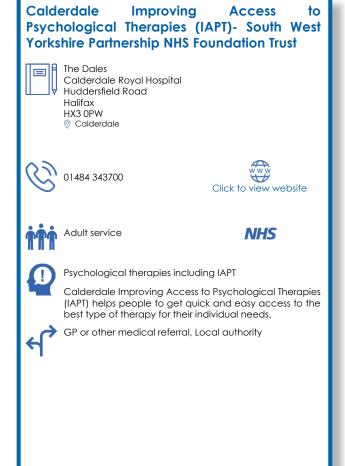




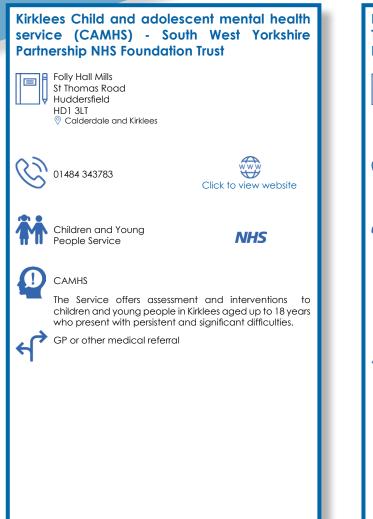
### YORKSHIRE AND THE HUMBER Calderdale, Kirklees and Wakefield







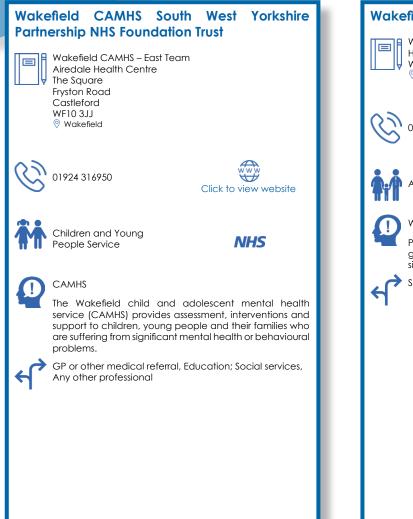
### YORKSHIRE AND THE HUMBER Calderdale, Kirklees and Wakefield

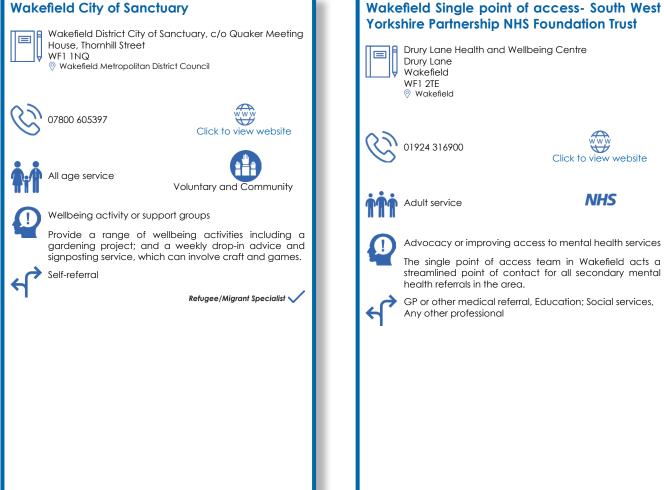


Thera	es Improving Access to Psy pies (IAPT) - South West ership NHS Foundation Trust	_		St A
	Folly Hall Mills St Thomas Road Huddersfield HD1 3LT © Kirklees			L C
Ċ	01484 343700 Click to	view website		<b>İ</b>
†††	Adult service	NHS		
	Psychological therapies including IAPT			
	Kirklees Improving Access to Psycholo (IAPT) provides a choice of servic experiencing common mental health as depression, stress, panic and obses disorder.	problems, such		۴
<b>ج</b>	GP or other medical referral, Self-referral,	, Local authority		



### **YORKSHIRE AND THE HUMBER** Calderdale, Kirklees and Wakefield





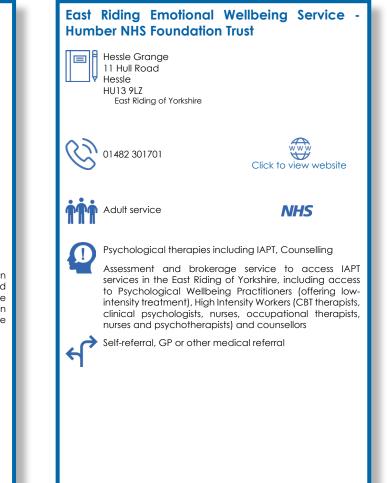
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NHS

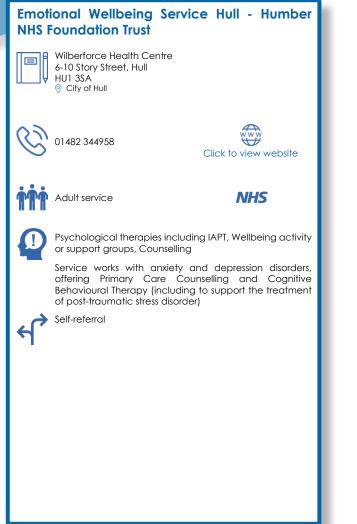
## YORKSHIRE AND THE HUMBER East Riding and North Lincolnshire







## YORKSHIRE AND THE HUMBER East Riding and North Lincolnshire

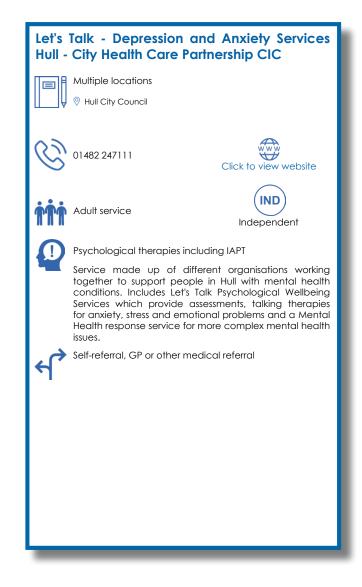




**Humber NHS Foundation Trust** 



## YORKSHIRE AND THE HUMBER East Riding and North Lincolnshire



#### Mental Health Response Service - Humber NHS Foundation Trust

Miranda House Gladstone Street Anlaby Road Hull HU3 2RT © City of Hull and East Riding of Yorkshire

01482 301701

Click to view website

Adult service

NHS



#### Community-based MH services

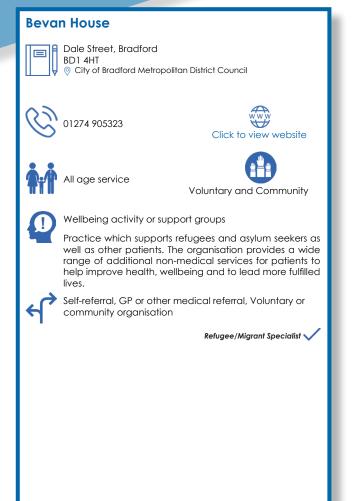
The Mental Health Response Service provides triage, advice and support to working age adults. Following triage there may be a need for assessment and treatment, the service also offers these assessments and provides intensive home treatment. The service is for working age adults who are experiencing a severe and debilitating mental health problem. This could be things like: severe or chronic depression; severe anxiety; deliberate selfharm or suicidal thoughts; drug and alcohol misuse or bipolar disorder that is seriously affecting the way you function day to day; the service is also for people who are experiencing psychosis, which is when you perceive or interpret events differently to others which can include hallucinctions, delusions or flight of ideas.



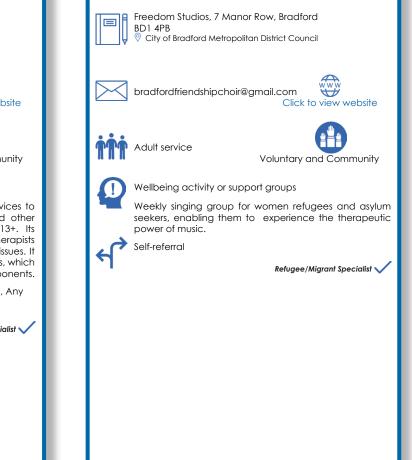


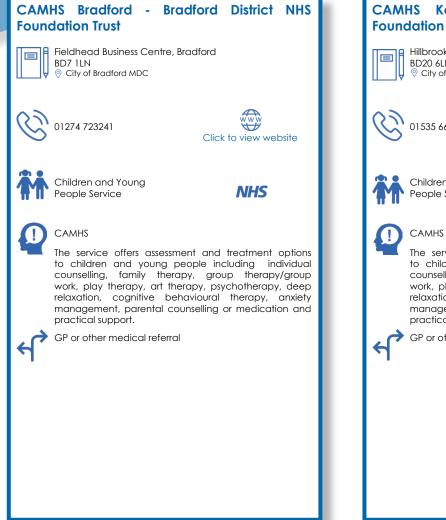


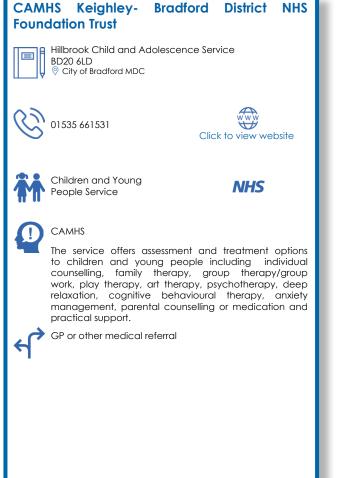
**Bradford Friendship Choir** 

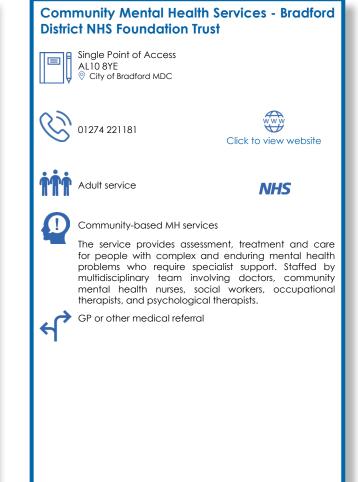


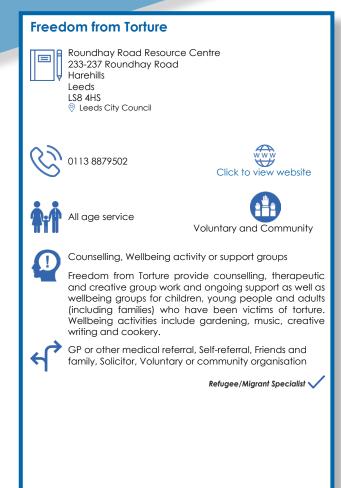


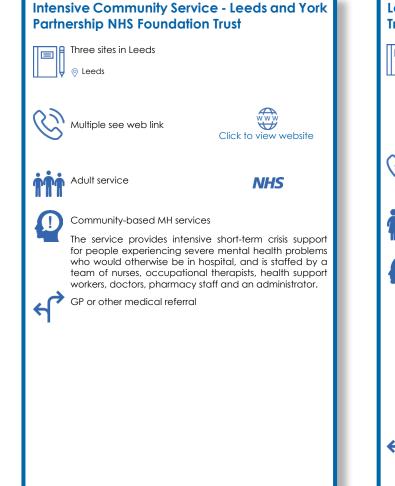




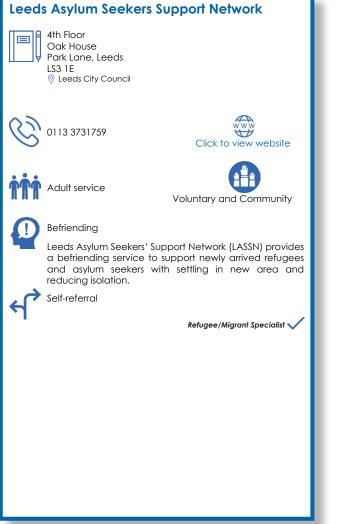






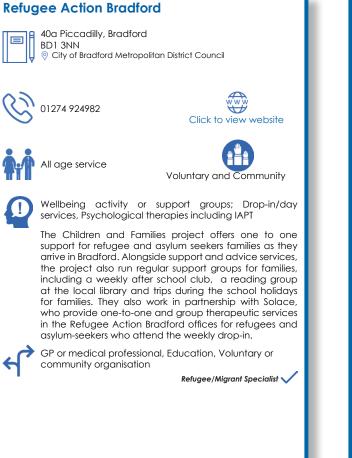




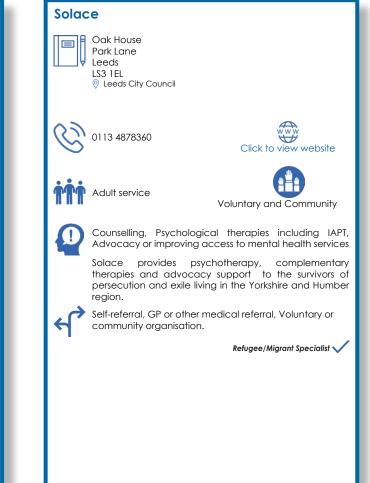


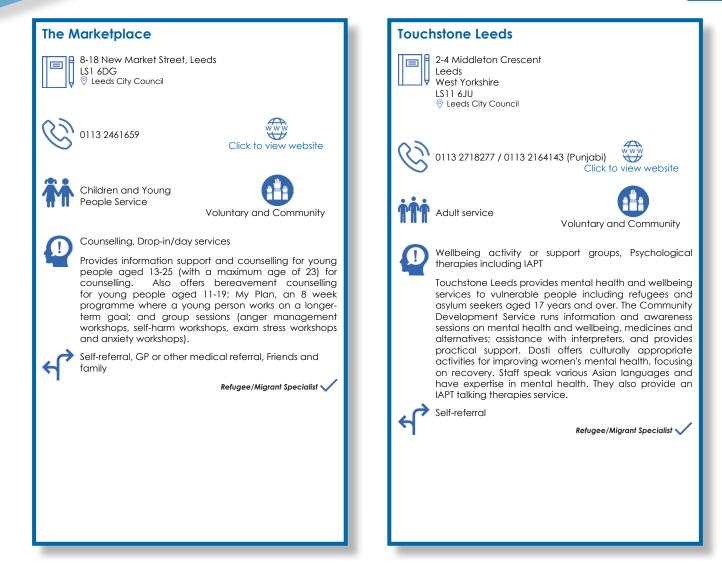




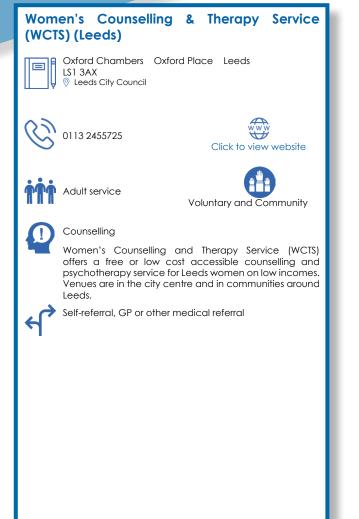


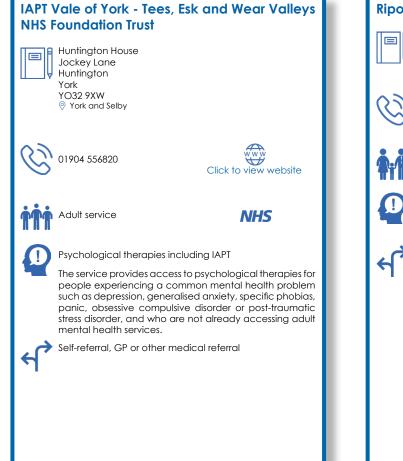


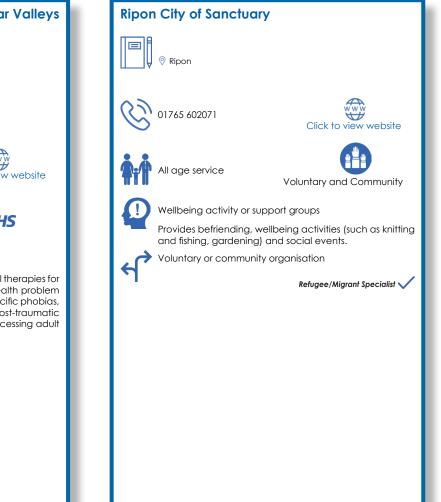




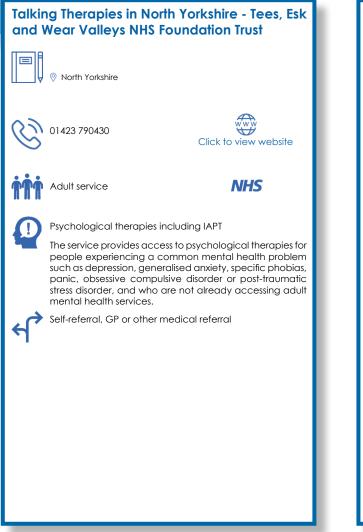
**YORKSHIRE AND THE HUMBER** North Yorkshire

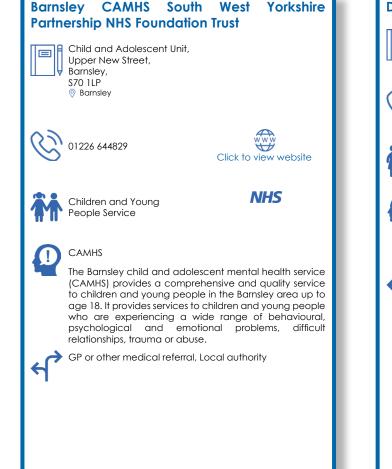


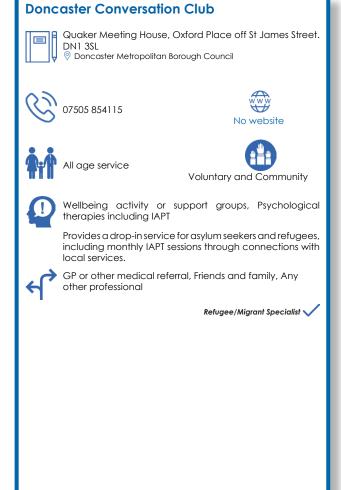




YORKSHIRE AND THE HUMBER South Yorkshire

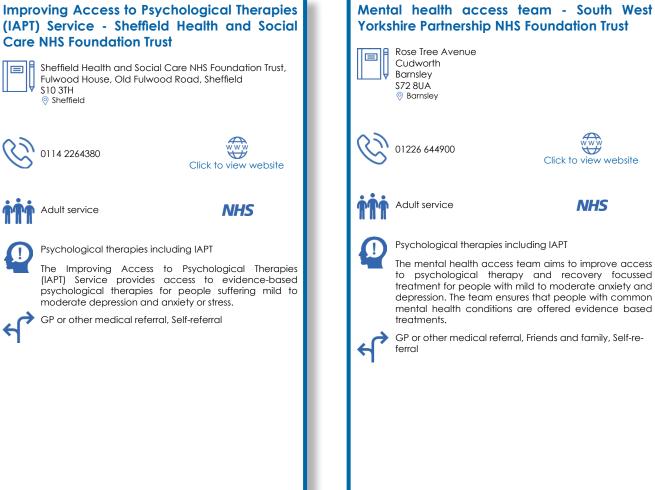






**YORKSHIRE AND THE HUMBER** South Yorkshire





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NHS

YORKSHIRE AND THE HUMBER South Yorkshire

#### Psychological Services - Sheffield Health and Social Care NHS Foundation Trust

Psychological Services Sheffield Health & Social Care NHS Foundation Trust Fulwood House Old Fulwood Road Sheffield S10 3TH © Sheffield

Adult service

NHS

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**ب** 

Psychological therapies including IAPT

Psychological Services work with adults of all ages with many different kinds of health issues and across a broad spectrum, including people who have the most complex needs. Staff encompasses a variety of psychological therapists, including clinical and organisational psychologists, psychotherapists and counsellors. Staff work in a range of settings: hospital, out-patient departments, acute in-patient wards, residential homes, day centres, GP surgeries, health centres, patients' homes, and specialised community services.

GP or other medical referral

