



# Herefordshire & Worcestershire Mental Health Offering

Support Tiers	Target Audience (Age Group)				
	Families	Children	Adults	Learning Disabilities	Carers
	Crisis Resolution Team – Supported by Springfield Mind	Crisis Resolution Team – Supported by Springfield Mind	Crisis Resolution Team – Supported by Springfield Mind	Crisis Resolution Team – Supported by Springfield Mind	Crisis Resolution Team – Supported by Springfield Mind
Tier 1 (general/ community support & wellbeing)	Starting Well	Starting Well	Starting Well	Starting Well	Starting Well
	Reach4Wellbeing	Young Carers	Wellbeing Hub	EDMHSS	H&W Association of Carers
	Relate	Kooth	WISH Herefordshire	Community First – H&W	Community First – H&W
	Simply Limitless	BESTIE	Here2Help	Simply Limitless	Crossroads Together
		WHACT Youth Board	WEA – Workers Educational Association		Simply Limitless
		Reach4Wellbeing	Simply Limitless		
		Simply Limitless	Relate		
			EDMHSS		
			Community First – H&W		
			Inspire Training CIC		VCS provided services
			Dudley Mind		NHS provided services
			SandyCroft		Council provided services
			Home Group		

Support Tiers	Target Audience (Age Group)				
	Families	Children	Adults	Learning Disabilities	Carers
Tier 2 (more structure support – often requires referral/assessment)		Healthy Minds -16+	Healthy Minds -16+	L&D Community Teams	
		CAMHS	Let's Talk – 18+	CAMHS L&D Service	
		Children's Eating Disorder Service	Employment Retention Service	L&D Psychology Service	
		Integrated Services for Looked after Children	Adult Eating Disorder Service		
		Youth Justice Service & CAMHS	Onside		
			Springfield Mind		

Support Tiers	Target Audience (Age Group)				
	Families	Children	Adults	Learning Disabilities	Carers
Tier 3 (Specialist services – requiring referral from a professional)	Crisis Resolution Team – Supported by Springfield Mind	Crisis Resolution Team – Supported by Springfield Mind	Crisis Resolution Team – Supported by Springfield Mind	Crisis Resolution Team – Supported by Springfield Mind	Crisis Resolution Team – Supported by Springfield Mind
	Perinatal Mental Health Teams	CAMHS Plus	CARS Teams	L&D – Enhanced Care Teams	
		Specialist CAMHS	Older Adult Mental Health Teams		
		CAMHS CAST			



**Starting Well Partnership**  
EVERY CONTACT SHAPES A LIFE

The Starting Well Partnership has delivered public health nursing services for children, young people and families across Worcestershire since April 2020.

The Partnership, which is led by Worcestershire Health and Care NHS Trust and includes Barnardo's, Action for Children, and Redditch Borough Council, brings together a range of teams from health visitors, specialist nursery nurses, breastfeeding support, school health nurses, early help services and support for children who require more specialist care.

There is a COVID-19 section on the site including health and well-being with lots of both national and local guidance to mental health. Also a self-referral form to request additional support from the team during coronavirus outbreak.

Parents/ families do not need to be referred, in order to access Starting Well services. Unfortunately, the family hubs are currently not operational. But will be functional once safe to do so.

**Website:** [www.startingwellworcs.nhs.net](http://www.startingwellworcs.nhs.net)

**Family Hub Contact Details:** <https://www.startingwellworcs.nhs.uk/family-hubs>

**Social Media Accounts:**

[Starting Well Bromsgrove](#)

[South Worcestershire Parenting & Community Development](#)

[Starting Well South Worcestershire](#)

[Starting Well Bromsgrove & Redditch](#)



# Youth Board

*Helping Improve Trust services*

## **Worcestershire Health and Care Trust Youth Board**

Our Youth Board provide a voice for young people to ensure the services we provide are effective and accessible. We involve members of our Youth Board in the both the continuing developments of existing services and when we're designing new ones.

Youth Board members are also invited to sit on recruitment panels and ensure the wider views of young people are represented throughout everything we do. It provides an invaluable forum for the Trust, while also supporting young people to gain experience and boost their confidence.

Youth Board are working hard to provide some useful resources for young people during Covid-19 and provide a space for them to be heard and support each-other

**Website:** <https://www.hacw.nhs.uk/youth-board/>

**Telephone number:** 01905 681785

**Service hours:** Tuesday-Thursday 9am-5pm

**Location:** 2 Kings Court, Kings Court Business Park, Charles Hastings Way, Worcester WR5 1JR

**Team Lead:** [Mandi.bishop@nhs.net](mailto:Mandi.bishop@nhs.net)



CAMHS (Child and Adolescent Mental Health Services). Within our CAMHS services we have a number of different teams that assesses and treat young people with emotional, behavioural or mental health difficulties and provide support to parents and professionals that work with young people.

**CAMHS Herefordshire** - provides specialist mental health services for children and young people aged from birth to their 18th birthday and their families/carers. They should live in the county and be registered with a Herefordshire GP. This includes children and young people with a diagnosed learning disability. **Referrals usually come from people who work closely with children and young people such as GPs, school nurses, health visitors, social workers, specialist staff within schools and paediatricians.**

**Reach 4 Wellbeing** - promotes and supports the wellbeing of children and young people (aged 5-18) who are experiencing mild to moderate emotional difficulties. **Referrals can be made by Parents/Carers and Professionals; Young People aged 13 years and over can refer themselves.**

**CAST** - provides a comprehensive mental health specific service for professionals working with children and young people who have a Worcestershire GP. **CAMHS CAST accept referrals from other professionals, directly. CAST do not accept referrals via CAMHS (Single Point of Access)**

**CAMHS Plus** - supports children and young people experiencing a mental health crisis. The service also undertakes ward assessments for those admitted to the paediatric ward for self-harm and suicidal ideation. **Referrals are taken from Professionals via CAMHS SPA (Single Point of Access).**

**Specialist CAMHS** - assesses and treats those with significant mental ill health in order to promote recovery. **Referrals are to be sent to CAMHS SPA (Single Point of Access) by a Professional who works with the child or young person where there are significant concerns regarding a possible mental health illness.**

**Child and Adolescent Eating Disorder Service** - a specialist service within the Worcestershire CAMHS team that specifically treats eating disorders in children and young people between the ages of 8 to 17 and ½. **The Eating disorder team takes referrals direct from all professionals only via CAMHS SPA (Single Point of Access) .**

**Integrated Services for Looked After Children** - supports looked after children from 0-18 years of age, who may need help with their health, emotional wellbeing and their mental health. **To access ISL Health & Wellbeing, referrals can be made by either any Social Worker linked to the child or family, such as Fostering Social Workers, Community Social Workers, LAC Social Workers, by an e-referral on our client information system Liquid Logic. We can also accept some referrals from the CAMHS Single Point of Access (SPA), however these must be discussed with a member of our team first on: 01905 846 111.**

**Youth Justice Service and CAMHS** - supports those up to the age of 18 years and who are open to the Youth Justice Service. **Initial Referrals are only accepted from Youth Justice Officers.**



**[CAMHS Learning Disability Service](#)** - Some families with a child with a learning disability benefit from specialist support and the CAMHS Learning Disability Service can offer specific help to these families. **All referrals to the CAMHS Learning Disability Service should be made through the CAMHS single point of access; any professional can make a referral to the Learning Disability Service.**

**CAMHS SPA (Single Point of Access) Referral Information:**

[CAMHS Referral Form](#)

[CAMHS Referral Form – GP Only](#)

[CAMHS Referral Criteria](#)

**Address:** CAMHS Single Point of Access, Wildwood West Wing, 1st Floor, County Hall Campus, Spetchley Road, Worcester, WR5 2NP

**Email:** [WHCNHS.CAMHS-SPA@nhs.net](mailto:WHCNHS.CAMHS-SPA@nhs.net)

**Tel:** 01905 768 300

**Working hours:** Monday to Friday 9.00am - 5.00pm

**Social Media Accounts:**

[WHCT\\_CAMHS](#)

[WHCT\\_R4W](#)

[WHCT\\_CAMHS\\_DBT](#)

[Worcestershire Child and Adolescent Mental Health Service](#)



Free, safe and anonymous  
online support for young people

Kooth, which is provided by the UK's largest provider of online mental health services, XenZone, enables young people across Herefordshire & Worcestershire to access safe, free and anonymous online advice to support their emotional wellbeing and mental health.

Accredited by the British Association for Counselling and Psychotherapy, Kooth allows young people 24-hour access to self-help materials, mood-tracking and goal setting tools. Users can also access moderated online forums and counselling sessions, delivered by a team of experienced counsellors.

**Website:** <https://www.kooth.com/>



BESTIE is an exciting, award winning interactive online platform, designed by a group of young people in Worcestershire to help other young people find out more about emotional wellbeing and mental health and to get the right help when they need it.

BESTIE platform contains a huge amount of signposting information and is now available to download on the Google Playstore & Apple App store . It's free, up to date and co-produced with the help of our Worcestershire Health & Care NHS Trust Youth Board and young people across Worcestershire.

**Website:** <https://www.camhsbestie.co.uk>

**Social Media Accounts:**

[BESTIE Worcs](#)

[Bestie App Worcestershire](#)



Worcestershire Young Carers is commissioned by Worcestershire County Council to provide assessment, signposting, one to one support and monthly youth clubs for young people with a caring role at home, aged between seven and 17, who live in Worcestershire - we also support young adult carers aged between 18 and 25. The caring role could be for a parent, a sibling or a grandparent due to illness, disability, physical or mental health difficulties or substance misuse.

**Website:** <https://www.yss.org.uk/>

**Address:** Polysec House, Blackpole Trading Estate West, Hindlip Lane, Worcester, WR3 8TJ

**Telephone:** Head Office 01905 730780, main line is manned Monday - Friday from 10am - 4pm

Worcestershire Young Carers 01905 619886

**Email:** General Enquiries [info@yss.org.uk](mailto:info@yss.org.uk) / Worcestershire Young Carers [youngcarers@yss.org.uk](mailto:youngcarers@yss.org.uk)

**Social Media Accounts:**

[OfficialYSS](#)

[YSS](#)



## **Worcestershire Healthy Minds**

We support people, aged 16 and over, who are experiencing problems such as stress, anxiety, low mood and depression.

We are a free, confidential service offering a range of talking therapies and support including short courses, online therapies, and guided self- help.

During Coronavirus outbreak, Healthy Minds team have created a [centralised resource centre](#), filled with lots of self-help information. All 1:1 therapies have moved to telephone consultations, and are currently exploring running group sessions via WebEx/ video.

**Anyone over the age of 16 with a Worcestershire GP can access the service by either self-referral or a referral via GP.**

### **[Online Referral](#)**

**Telephone Referral - 0300 302 13 13**

### **Social Media Accounts:**

**[Nowweretalking](#)**

**[Now We're Talking - Worcestershire](#)**





## **Herefordshire Let's Talk**

Let's Talk offers talking therapies to people aged 18 and over, and registered with a GP in Gloucestershire or Herefordshire, who are experiencing mild to moderate anxiety and/or depression.

Let's Talk Herefordshire is offering a limited service during the coronavirus outbreak. Referrals to access emotional wellbeing support can be made via 0800 073 2200 or [online referral forms](#).

**Anyone over the age of 18 with a Herefordshire GP can access the service by either self-referral or a referral via GP/ Primary Health Care Professionals.**

**Website:** <https://www.talk2gether.nhs.uk/>

### **Online Referral**

**Telephone Referral - 0800 073 2200**

## Mental Health Crisis Resolution Team

### Worcestershire:

If you are already being supported by Mental Health Services you should try to speak to your usual team before calling the crisis team. The Crisis Resolution Team offer advice, support and at times assessment for those people who are in experiencing mental health crisis. People calling the number can expect to speak to Mental Health Advisors and /or trained Mental Health Clinicians who will be able to listen to your concerns and help make appropriate plans with you to support you.

**Crisis Resolution Team: 01905 681915 (24 hrs a day 365 days a year)**

### Herefordshire:

If you live in Herefordshire and currently access mental health services, please call us using one of the following numbers:

Monday to Friday, 9am – 5pm, please contact the team or service who currently provide your care.

Monday to Friday, 5pm – 9am and 24 hours on weekends and bank holidays, please call **01905 681915** (24 hours)

If you are not currently in contact with any mental health services, phone **01905 681915 (24 hours)**. The helpline provides telephone based support, guidance and advice for people of all ages experiencing emotional distress or anxiety as a result of the COVID-19 crisis.

**Website:** <https://www.hacw.nhs.uk/urgent-help>



**Worcestershire  
Health and Care**  
NHS Trust

### **Perinatal Mental Health Teams – Herefordshire & Worcestershire**

The Perinatal Mental Health Team is a specialist service focused on helping women at risk of developing, or experiencing moderate to severe mental health difficulties, during pregnancy and during the year following childbirth or require pre-conceptual counselling.

**[Worcestershire referral pathway](#)** - health and social care professionals can refer direct to the team by email: [whcnhs.worcsperinatalmentalhealth@nhs.net](mailto:whcnhs.worcsperinatalmentalhealth@nhs.net) or via SPA: 01905 681477. We accept urgent referrals, we would recommend that they contact the team directly 01905 734531 to speak to the duty worker.

Websites: <https://www.hacw.nhs.uk/services/service/perinatal-mental-health-team-herefordshire-137/>

<https://www.hacw.nhs.uk/services/service/perinatal-mental-health-team-worcestershire-90/>

**Herefordshire referral pathway** – health and social care professionals can refer direct to the team by email: [2gnft.perinatalmentalhealthhereford@nhs.net](mailto:2gnft.perinatalmentalhealthhereford@nhs.net)

**Worcestershire Team:** 01905 734531 (Monday – Friday 9am – 5pm)

**Herefordshire Team:** 01432 842200 (Monday – Friday 9am – 5pm)

#### **Social Media Accounts:**

[WHCT Perinatal](#)

[Worcestershire Perinatal Mental Health Team](#)



### **CARS (Community Assessment & Recovery Service) Teams**

The Community Assessment and Recovery Service (CARS) offers a recovery focused provision to adults who are experiencing a more serious mental illness and may need more support than is available from low level mental health services for example the Wellbeing Hub or Worcestershire Healthy Minds.

**Websites:** <https://www.hacw.nhs.uk/services/service/community-assessment-and-recovery-service-cars-north-worcestershire-64/>

<https://www.hacw.nhs.uk/services/service/community-assessment-and-recovery-service-cars-south-worcestershire-65/>

**Worcestershire Team: North - 01527 488440 South - 01905 734559**

**Herefordshire Team: North - 01568 613202 South - 01989 566345 East - 01432 383400**

## Eating Disorders Teams

**Adults** - County wide service who accept referrals for men and women with anorexia and bulimia, from 17 and a half years of age. We deliver effective evidence based interventions to promote recovery and improved quality of life. We provide information and support for families and others involved.

**Website:** <https://www.hacw.nhs.uk/services/service/eating-disorders-service-adults-worcestershire-28/>

**Referrals are accepted from other health professionals, via Single Point of Access.**

**Children's** - Specialist service within the Worcestershire CAMHS team that specifically treats eating disorders in children and young people between the ages of 8 to 17 and ½. The team are made up of specialist eating disorder mental health professionals spread across Worcestershire.

**Website:** <https://www.hacw.nhs.uk/services/service/eating-disorders-childrens-worcestershire-118/>

**Worcestershire Team: Adults** - 01527 488840 **Children's** - 01527 488650

**Herefordshire Team:** 01432 265123

### **Employment Retention Service**

Helps Individuals who have experienced mental health difficulties who are in work and struggling, or who are off sick and need support to get back to work. The service is integrated into Mental Health Community Teams where clients are able to access specialist employment support as part of their individual recovery.

**Website:** <https://www.hacw.nhs.uk/services/service/employment-retention-service-adult-mental-health-27/>

**Worcestershire Teams: North – 01527 488 440 South - 01905 734 559**

## Older Adult Mental Health Teams

### Mental Health Needs Team

For people aged 65 or over, we aim to support patients' adjustment and recovery from moderate to severe mental health difficulties. The service supports patients and their families with complex later life mental health problems, associated with; declining physical health, sensory and cognitive impairment and required particular social, psychological and medical expertise.

**Website:** <https://www.hacw.nhs.uk/services/service/older-adult-mental-health-needs-team-worcestershire-51/>

**Telephone:** 01527 488279

### Community Mental Health Teams

The countywide team is split into pathways and provides multi-disciplinary assessments, care planning, interventions and treatment for older adults (65+) with complex and/or enduring mental health needs (non-dementia). The services promote recovery and independence for patients and also offer education and support for carers.

### Complex Dementia Care:

Provides multi-disciplinary assessments, care planning, interventions and treatment for older adults with complex dementia. **Can be accessed by anyone of any age with dementia**

### Dementia Assessment and Support Team:

The team provides a comprehensive assessment and diagnostic service to ensure people have access to information and support at early and later stages of their diagnosis. The service also seeks to raise awareness and understanding of dementia among professionals and the public, which will facilitate informed and positive planning and preparation for the future. **This service is for people of any age with a suspected dementia.**

**Website:** [Worcestershire Team](#), [Herefordshire Team](#)

**Telephone:** Bromsgrove: 01527 488279 Kidderminster: 01562 828815 Evesham: 01386 502449 Malvern: 01684 612763 Worcester: 01905 681715 Herefordshire: 01432 842 200

The service does not accept self-referrals. GPs refer to our service via our Mental Health SPA [WHCNHS.AMHReferrals@nhs.net](mailto:WHCNHS.AMHReferrals@nhs.net). For urgent referrals within 24 hours, via SPA on 01905681477.

## **Specialist Learning Disability Teams**

### **[Learning Disabilities – Enhanced Care Service \(ECS\)](#)**

The Enhanced Care Service Team's aim is to promote the independence, inclusion and wellbeing of people with learning disabilities who have additional complex needs/ behavioural needs. We do this by working intensively with the people we support, their families and partner agencies to deliver innovative, high quality services.

**Referrals will be accepted from members of the multi-disciplinary team within Worcestershire Trust, G.P's and family members.**

**Telephone:** 01905 846 888

### **[Learning Disabilities – Community Service](#)**

The Community Learning Disability Team provides specialist healthcare to adults with learning disabilities whose needs cannot be met by mainstream services alone. The team helps to ensure that people with learning disabilities receive the same care and treatment as everyone else when there is a concern about their physical or mental health.

**Telephone:** 01905 846888 (North) 01905 844716 (South)

### [Learning Disabilities – Psychology](#)

Learning Disability Psychological Interventions work together with people who have learning disabilities and also with their families and carers to help them make the positive psychological, relational and behavioural changes they want to make in their lives. We support and enable people who have a learning disability who are 18+ years old, and the team is made up of both Clinical Psychologists and Behavioural Nurses/Specialists.

**Anyone can make a referral (including self-referral). Referrals can be taken on the phone via 01905 846888 (North Worcestershire) or 01905 844716 (South Worcestershire).**

**Telephone:** 01905 846888 (North Worcestershire) 01905 844716 (South Worcestershire)



## Worcestershire Wellbeing Hub

### Worcestershire Wellbeing Hub

Worcestershire Wellbeing Hub is available Monday – Friday, 9am – 5pm for anyone over the age of 16 to find community services and activities to boost wellbeing or to be signposted to more professional support if needed. The Worcestershire Wellbeing Hub Resource Directory is a helpful and easy to use database. It contains a wide range of information. The database is designed to make accessing information as straightforward as possible.

The Wellbeing Hub also offers the following services: The Moodmaster courses and Peer Supporter. The Wellbeing Hub is also supported by Simply Limitless, Onside, Inspire Training CiC, Springfield Mind, Home Group to deliver Moodmaster courses and Peer Support services across the county via telephone and via video conferencing while social distancing measures are in place.

Peer Supporter referrals come via WHCT professionals too. Those 2 services are not set up for CRISIS support and the Peer Supporter Services is highly dependent on volunteers, (capacity across the county varies. There are 4 providers that we work with. As well as Onside, there is Springfield Mind, Dudley and WF Mind and Sandycroft).

**Website:** <http://worcestershire.wellbeinghub.org.uk/>

**Telephone:** 01905 766124

**Email:** [whcnhs.wellbeinghub@nhs.net](mailto:whcnhs.wellbeinghub@nhs.net)

### Social Media Accounts:

[Wellbeing Hub](#)

[Worcestershire Wellbeing Hub](#)



## Community First Herefordshire & Worcestershire

Our vision is of strong, successful and healthy communities thriving across Herefordshire and Worcestershire where everyone can achieve their full potential and our mission is to support the wellbeing of communities across Herefordshire and Worcestershire. We achieve this by helping ‘frontline’ organisations to achieve their aims, through providing advice and information and business coaching and training, helping with monitoring and evaluation, including social return on investment, supporting networks and sharing good practice.

Community First also offers Moodmaster course – **which is new to the county of Herefordshire** and can be accessed via Worcestershire Wellbeing Hub.

**Website:** <https://www.comfirst.org.uk/home>

**Telephone:** 01684 312730

**Email:** [info@comfirst.org.uk](mailto:info@comfirst.org.uk)

### **Social Media Accounts:**

[Community First](#) – Twitter

[Community First](#) - Facebook



# HERE 2 HELP WORCESTERSHIRE

Here2Help is a community action response to Coronavirus (COVID-19), as there will be many vulnerable people in our community who will have to self-isolate. This site will provide a central location for the vulnerable that are unable to seek help from family, friends and neighbours. You can request help, volunteer to help and find useful resources.

**Website:** <http://www.worcestershire.gov.uk/here2help>

**Telephone:** 01905 768053 - Monday to Sunday between 8am and 8pm

## **Social Media Accounts:**

[Worcestershire County Council](#) – Facebook

[Worcestershire County Council](#) - Twitter



Wellbeing Information  
and Signposting for  
Herefordshire

The online wellbeing information and signposting service for Herefordshire, providing details on local services; including the Talk Community Hubs, groups, activities and events across the county.

In response to the pandemic, WISH have created a dedicated section on the website with Coronavirus related help and support information.

**Website:** <https://www.wisherefordshire.org/>

**Telephone:** 01432 260101

**Email:** [info@wisherefordshire.org](mailto:info@wisherefordshire.org)

**Social Media Accounts:**

[WishHereford](#) – Twitter

[WishHerefordshire](#) - Facebook



## Onside

Onside is a charity working across Worcestershire and Herefordshire, established in 1993 stemming from a belief that everyone has the right to be a valued human being and to be treated in a just and fair way.

Onside deliver the MoodMaster programme in Worcester and Malvern and are currently developing an online delivery offer. Currently working with all current participants to support them to feel confident and skilled to be able to participate virtually. We are also checking in with current attendees to check on their wellbeing . We have a significant number of people waiting for a place on these courses and could potentially scale up to provide more sessions if this was helpful. Onside also deliver a Mental Health Peer Support service in Bromsgrove, Malvern and Worcester . Currently this service is being delivered on a telephone basis by volunteer Peer Mentors [with lived experience] and the coordinator of the service.

Referrals to both these services are still being made by our Social Prescriber teams when they pick up someone struggling with their mental health and wellbeing as part of their calls to vulnerable patients. This could be one important pathway to pick up those people who are not currently being supported and therefore not having contact from agencies.

Onside also offer a PLUS service for loneliness and isolation for 18+

**Website:** <https://www.onside-advocacy.org.uk/>

**Telephone:** 01905 27525

### Social Media Accounts:

[Onside Advocacy](#) - Twitter

[Onside Advocacy](#) - Facebook



## Springfield Mind

Springfield Mind offer a triage line in partnership with the crisis team. Our practitioners manage the phone lines from the Elgar unit from **5pm - 9am seven days a week**. They're primary role is to de-escalate the sense of crisis if possible and triage to appropriate services be this the crisis team or voluntary sector services. This is done by using the Mental health triage tool kit.

In addition, we offer a Safe Haven that is based in Redditch. Normally we offer one to one service for an hour per person within the venue from 6pm-1am every night of the year. Here, individuals can simply sit and be or have a confidential 1-1 with a mental health well-being practitioner. They will have the opportunity to attempt to recognise what may have triggered that evenings distress, work our might alleviate some of the distress and plan what they may do if they recognise the warning signs in the future. Additional signposting information will also be provided. Currently, the safe haven can only be accessed through the triage phone line generally but with the COVID-19 making life much harder for people we are currently in the process to get the equipment so we can open up the safe haven to the general public. This however, will be phone based in the first instance. We will utilise our own phone number for this once we are in the position to open. In the mean time - the Safe Haven is offering 1:1 phone support to individuals coming through the triage line. **The Safe Haven phone support is from 6pm - 1am seven days a week.**

**Peer Supporter Wychavon** - We work in partnership with Healthy Minds in Wychavon to provide additional wellbeing support to individuals stepping down from secondary to primary care, or those accessing primary care, within Wychavon. We work on a referral system via Gateway Workers. This support is delivered by volunteer peer supporters drawing on their lived experience expertise offering 1-1 supports for individuals with low level mental health difficulties.

**Moodmaster** - Provides weekly sessions lasting an hour or so that gives important input and reflection-time to people who may be suffering with mental ill health or low mental wellbeing. These courses will teach the skills necessary to maintain good mental health. The sessions offered are managing: depression, anxiety, stress, worry, irritability, anger and emotional control. The Workshops are for anyone who is living with low mental wellbeing or mental ill health and would like to get a greater insight and strategies into how to manage their mental health more effectively. Participants will receive worksheets and supporting documents to enable them to develop coping strategies and continue to manage their wellbeing once the course is finished. Participation is by self referral and is free.

**Website:** <https://springfieldmind.org.uk/>

**Telephone:** 01789 298615

**Email:** [enquiries@springfieldmind.org.uk](mailto:enquiries@springfieldmind.org.uk)

## Social Media Accounts:

[SpringfieldMind](#) - Twitter

[Springfield Mind](#) - Facebook



## **Relate Herefordshire & Worcestershire**

Relate Worcestershire remains open and is providing a much needed counselling service across the county via Webcam and Telephone.

We are providing relationship counselling for couples, individuals and families. In addition we can provide psychosexual therapy and sex addiction therapy.

Relate is a paid for service; how much you pay towards your counselling depends on your total household income. Please call us to discuss making an appointment on **01905 28051** – leave your details on our voicemail and one of our team will get back to you. Alternatively you can email [receptionworcestershire@relate.org.uk](mailto:receptionworcestershire@relate.org.uk)

**Website:** [www.relate.org.uk/worcestershire](http://www.relate.org.uk/worcestershire)

**Telephone:** 01905 28051

**Email:** [receptionworcestershire@relate.org.uk](mailto:receptionworcestershire@relate.org.uk)

### **Social Media Accounts:**

[Relate charity](#) - Twitter

[Relate Worcestershire](#) - Facebook



Worcestershire Association of Carers is a registered charity that was founded in 1997 providing an independent source of information, advice and support for unpaid adult carers in Worcestershire & Herefordshire. We provide representation for carers at a local and national level and support carers to have a voice in decisions that affect them.

**Website: Herefordshire:** <https://www.carersworcs.org.uk/herefordshirecarers>

**Worcestershire:** <https://www.carersworcs.org.uk/>

**Telephone:** 0300 012 4272 - Monday-Sunday: 8am to 8pm

**Email:** [infohfd@carersworcs.org.uk](mailto:infohfd@carersworcs.org.uk)

**Social Media Accounts:**

[Herefordshire Carers](#) – Facebook

[Herefordshire Carers](#) – Twitter

[Worcestershire Carers](#) – Twitter

[Worcestershire Carers](#) - Facebook

Founded in 1903, the Workers' Educational Association (WEA) is a charity dedicated to bringing high-quality, professional education into the heart of communities. With the support of nearly 3,000 volunteers, 2,000 tutors and over 10,000 members, we deliver friendly, accessible and enjoyable courses for adults from all walks of life and all courses are now being offered online during the coronavirus outbreak.

**Website:** <https://www.wea.org.uk/west-midlands>

**Telephone:** 0300 303 3464

**Email:** [westmidlands@wea.org.uk](mailto:westmidlands@wea.org.uk)

**Social Media Accounts:**

[WEA Worcestershire](#) – Facebook



Simply Limitless is a Health and Wellbeing Charity. Our services are holistic and targeted at the social, mental and physical facets of life. We provide a range of services, including family activity sessions that encourage family interaction and development, a full range of fitness activities working with small children, adults and older adults. We provide Cognitive Behaviour Therapy and Parenting courses and are actively working to tackle loneliness and isolation in older people across the district. We are constantly seeking out new ways of communicating and delivering a quality service to our clients. With this in mind we see ourselves as innovators in health and wellbeing. We work in partnership and collaboration with statutory organisations in the district and county as well as with voluntary sector partners.

**Website:** <https://www.simply-limitless.org/>

**Telephone:** 01562 751144

**Email:** [info@simply-limitless.org](mailto:info@simply-limitless.org)

**Social Media Accounts:**

[Simply Limitless Wellbeing Centre](#) – Facebook

[Simply Limitless](#) – Twitter





## **Evesham & District Mental Health Support Services**

EDMHSS is an independent charity, established in 1973 as an agency of National Mind.

We were originally known as Evesham and Pershore Mind. We became Evesham and District Mental Health Support Services in 2012.

We are champions of equality and diversity and our employees, volunteers and trustees reflect these values, coming as they do from a wide variety of different backgrounds and cultures.

Our service users are aged 18+ years and come from all walks of life. Their issues range from anxiety, depression, schizophrenia, substance misuse, brain injuries, learning difficulties, autism and many others.

**Website:** <https://edmhss.org/>

Office Phone: 01386 429454 (callers can only leave a message, which staff can access remotely)

Mobile Phone: 07495896695 (helpline 7 days a week 9am to 9pm)

### **Social Media Accounts:**

**Facebook:** [The Welcome Club](#) or [Evesham & District Mental Health Support Services](#)

**Twitter:** [Evesham & District Mental Health Support Services](#)

**Office Phone:** 01386 429454 (callers can only leave a message, which staff can access remotely)

**Mobile Phone:** 07495896695 (helpline 7 days a week 9am to 9pm)



## **Inspire Training CIC**

Offers Moodmaster course in the Redditch area, accessible via the Wellbeing Hub

**Telephone:** 01527 529265

### **Social Media Accounts:**

[Inspire Community Training CIC](#) - Facebook

[Inspire Training](#) - Twitter



## **Dudley Mind**

Offer Peer Supporter Service in Wyre Forest, accessible via the Wellbeing Hub

**Website:** [www.dudleymind.org.uk](http://www.dudleymind.org.uk)

**Telephone:** 01384 442938

**Email:** [enquiries@dudleymind.org.uk](mailto:enquiries@dudleymind.org.uk)

### **Social Media Accounts:**

[Dudley Mind](#) – Facebook

[Dudley Mind](#) - Twitter



## Home Group

Offer Moodmaster courses in Bromsgrove, via the Wellbeing Hub

**Website:** <https://www.homegroup.org.uk/>

**Telephone:** 0121 380 4900

### Social Media Accounts:

[Home Group Housing](#) - Facebook

[HomeGroup](#) - Twitter



## Sandycroft

Offer Peer Supporter Service in Redditch, accessible via the Wellbeing Hub

**Website:** [www.sandycroft.org](http://www.sandycroft.org)

**Telephone:** 01527 595135

### Social Media Accounts:

[SandycroftCentre](#) – Facebook

[Sandycroft](#) - Twitter



## **Crossroads Together – Carer Links**

Caring can be very rewarding, but also very demanding and can affect physical and mental well-being. Many carers are trying to work, study and look after other family members in addition to their caring responsibilities. We believe it is important to ensure carers are aware of support available as early as possible.

By listening and offering a range of services and support to help carers improve their health and wellbeing including; 1:1 support, information, advice, advocacy and signposting.

**Website:** <https://www.crossroadstogether.org.uk/>

**Telephone:** 01432 663057

**Email:** [herefordshire@crossroadstogether.org.uk](mailto:herefordshire@crossroadstogether.org.uk)

### **Social Media Accounts:**

[Crossroads Together](#) – Facebook

[Crossroads Together](#) - Twitter