

Mental Health Signposting



A range of resources are listed in this leaflet. The area you are interested in might be listed in more than one box.

Care first

Care first is a very useful care package that we have bought in to. It offers a range from helpful reading materials to online counselling sessions.

To access it, you need type in the following username and password and follow the links to create your own. <https://carefirst-lifestyle.co.uk/extranet/my-homepage>

Username: unicatp **Password:** wellbeing Alternatively, you can phone them. Telephone number: 0808 168 2143

Care First Reading Materials about issues at home.

- Bereavement and loss
- Childcare
- Elderly relatives
- Finances
- Parenthood
- Relationships (including Divorce, Domestic violence, Family breakdown)
- Your Home (including neighbour disputes and renting).

Care First Reading Materials about issues at work.

- Addiction at Work
- Changes at Work
- Critical Incident
- Fit Note
- Mental Health
- Retirement
- Return to work (after illness)
- Working effectively (including communication, healthy habits, time management, work smarter, not harder)
- Working environment

Care First Reading Materials regarding health issues.

- Fitness
- Mental Health issues
- Nutrition/ Diet
- Physical Health
- Smoking/ Drinking
- Stress
- Work/Life Balance

Telephone Counselling

Care first is available 24 hours a day, 365 days of the year, providing direct and immediate access to telephone counselling. Calls can be totally anonymous.

Can include but is not limited to: personal difficulties – for example relationships, family matters, stress, loss or bereavement or work related issues such as feeling pressure, work-load, changes at work, bullying or harassment.

Online Counselling

Counsellors are available 24/7 via a telephone helpline and online counselling facility is available Monday – Friday 08:00am – 05:00 pm.

Family Hubs

Family hubs are where the Early Help and prevention team provide some of their support to families as well as where behaviour management surgeries and groups are delivered. These used to be called children's centres but are expanded to include help for children and young people up to 19 years and their families.

<https://www.portsmouth.gov.uk/services/health-and->

The society of St James Portsmouth Recovery Service

Sometimes, you just need that someone who is non-judgemental and on your side.

The Portsmouth Recovery Hub is a non-stop confidential adult drug and alcohol treatment service available to anyone who lives in Portsmouth concerned about their own or a loved one's drug/or alcohol use.

They have decades of experience and skill and are ready to help you as soon as you are ready yourself. They understand that sometimes, the first step can be the hardest.

<https://www.portsmouthrecovery.org/>

Rowans Living Well Centre

Rowans Living Well Centre supports people who live in Portsmouth and South East Hampshire who are living with a life-limiting and progressive illness. They support people aged 18 and above, regardless of diagnosis and extend their support to their friends and family members during any stage of the illness, including bereavement.

Rowans Living Well Centre drop-in service is available Monday to Sunday, from 10:00 – 16:00. The Living Well Centre offers a range of both face-to-face and virtual activities, and the opportunity to meet new people who can support and guide you. Please see below for full details on all available activities or contact us for more information.

Tel: 023 9224 8011. Email: lwc@rowanshospice.co.uk

Talking Change

Talking Change are a team of psychotherapists and researchers who specialise in the understanding and treatment of common emotional difficulties.

It is a Talking therapy helping with low mood or anxiety, or with a physical condition such as chronic pain or fatigue.

They also provide support at work, and help towards finding employment or training.

They offer a free and confidential service. You can access Talking Change if you're aged sixteen or over, if you live in Portsmouth and you're registered with a GP.

You can self-refer by calling 0300 123 3934 or by completing a secure form online.

<https://www.talkingchange.nhs.uk/refer>

Anna Freud - National Centre for children and families

Do you need help right now? The AFC Crisis Messenger text service is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better.

We can help with issues such as anxiety, worry, panic attacks, bullying and depression and are here to talk at any time of day or night.

If you need support, you can text AFC to 85258.

'Just because no one else can heal or do your inner work for you doesn't mean you can, should, or need to do it alone.'

Lisa Olivera