

Mental Health support

TALK ABOUT IT

Many people who live with a mental health problem try to keep their feelings hidden because they are afraid of other people's reactions, however, one of the best things you can do to improve your mental health is talk about it.

Around a quarter of the population experience some kind of mental health problem in any one year. The overall number of people with mental health problems has not changed significantly in recent years, but worries about things like money, jobs and benefits can make it harder for people to cope. There are five steps we can all take to improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from life:

- **CONNECT** - talk to someone.
- **BE ACTIVE** - physical activity is associated with lower rates of anxiety and depression.
- **TAKE NOTICE** - take time to look around and enjoy the environment.
- **LEARN** - try something new.
- **GIVE** - a simple act of kindness can go a long way.

YOU CAN TALK TO US

There are local contacts in Doncaster that are here to help with mental health support whenever you need it. In addition all Family Hubs and libraries are open as normal and able to offer information, advice and guidance around the floods.

You can also call Doncaster Council's advice line on 01302 735688.

TALK ABOUT IT.

If you'd like to talk to someone about mental health issues there are a number of people there to help you:

Samaritans Doncaster

Doncaster Samaritans offer a safe place for you to talk any time you like, in your own way, about whatever's getting to you. Please don't suffer alone.

01302 327474 or call free on 116 123 (lines are open 24 hours a day, every day)

visit samaritans.org/branches/doncaster-samaritans

email jo@samaritans.org

Mind Doncaster

Doncaster Mind is a local charity that provides support for people experiencing mental health difficulties. They aim to support personal wellbeing and recovery by providing information and guidance, courses, peer support groups, counselling and befriending services.

Rethink Doncaster

Rethink Doncaster Helpline offers emotional support and information to people affected by mental illness, aged 16+, who live in Doncaster. When you call the helpline you will be listened to, treated with dignity and respect, supported to develop coping skills and, if useful, signposted to helpful sources of information and to other services in your area who can help you.

If English is not your first language Rethink can arrange to speak to you in your own language through an interpreter. Call free on 0808 801 0442 (lines are open 24 hours a day, every day) www.rethink.org



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Talking Sense

The Doncaster Talking Shop offers a warm and friendly environment for people aged 18 and over who present with no risk to themselves or others. The service sees people experiencing common mental health problems, including: depression, general anxiety, stress, panic, phobias, social anxiety, low self-esteem, health anxiety, obsessive compulsive disorder, post-traumatic stress disorder, bereavement and mild eating disorders (not anorexia nervosa)

01302 565650

talkingsense.org/how-we-can-help/the-talking-shop

63 Hall Gate, Doncaster, DN1 3PB

People Focused Group

The People Focused Group (PFG) is about peer support: people helping people, making everyone's life better. The PFG hold sessions every week day and organise activities, support, learning opportunities and social events. Their main focus is to give people the tools and support to maintain their own wellness and make friends while doing so. Everyone is welcome, pop in for a cuppa.

Sessions are held:

Monday – Thursday (9am – 4pm) and Friday (9am – 2pm)

Single point of access

A Single Point of Access (SPA) has been set up to receive requests for nursing intervention for patients who are not able to get to their GP surgery and for consultations that are deemed appropriate to only be completed in the patient's home.

For help and support call 01302 566999 (lines are open 24 hours a day, every day)

Nationwide Support

As well as the local contacts in Doncaster, there are also national UK services that you can talk to:

Papyrus

Hopeline UK advisers are there to help you to and understand why thoughts of suicide might be present. They also provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

0800 068 4141 (lines are open 10am – 10pm weekdays, 2pm – 10pm weekends and 2pm – 10pm bank holidays)

Text: 07786209697

www.papyrus-uk.org

pat@papyrus-uk.org

Young Minds

The Young Minds crisis messenger service provides free, 24/7 crisis support across the UK. They aim to connect every texter to a trained volunteer in less than 5 minutes to provide support in a crisis. They will listen to you and help you think through how you're feeling, and will aim to help you take the next steps towards feeling better.

Text: YM to 85258 (24 hours a day, every day) Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiGa, Tesco Mobile and Telecom Plus.

Sane - Saneline

Saneline is a national out-of-hours mental health helpline specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

0300 304 7000 (lines are open 4:30pm-10:30pm) www.sane.org.uk



Mental Health support

Shout

Shout is an ailiate of Crisis Text Line® in the UK that provides free, confidential support, 24/7 via text. It's the first free 24/7 texting service in the UK for anyone in crisis anytime, anywhere.

Text: Shout to 85258 (24 / 7) Texts are free from most main mobile providers.