

Referrals and The Assessment Process

You can either self - refer or a professional such as a care coordinator, doctor or key worker could refer you to us.

A team member will then contact you to arrange an appointment to carry out an initial assessment. During this meeting, they will ask you about your needs and explore how they can best support you.

Once we have identified a plan we will link you with the appropriate group leader or one to one worker who will support you in your recovery.



Our Aims



Havant and East Hants Mind aims to promote good mental health within the Havant and East Hants locality.

To achieve these aims, Mind:

- ✓ Works with mental health service users to promote recovery
- ✓ Promotes mental wellbeing within our community
- ✓ Challenges discrimination and promotes social inclusion
- ✓ Works in partnership with other organisations
- ✓ Values diversity
- ✓ Involves service users in all aspects of its work
- ✓ Decreases reliance on mental health services

Office Hours

Monday	9am to 4.30pm
Tuesday	9am to 4.30pm
Wednesday	9am to 4.30pm
Thursday	9am to 4.30pm
Friday	9am to 4.00pm



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

Telephone: 02392 498 916



Havant and
East Hants

Havant
Wellbeing
Services
Information

Wellbeing Centre

The Hub, 39 Park Parade

Leigh Park

Havant

PO9 5AA

Telephone: 02392 498 916

Email: info@easthantsmind.org

Registered Charity No. 1116301

Registered in England No. 5861345

Wellbeing Services

Specifically, our services include:

- ◆ Information, advice & signposting
- ◆ One to One Support
- ◆ Peer support & activity groups
- ◆ Recovery focused workshops & courses
- ◆ Peer led support / social groups

To promote recovery and maintain wellbeing we offer opportunities to:

- ✓ Increase emotional recovery skills
- ✓ Improve practical living skills
- ✓ Build self-confidence
- ✓ Become stronger, more self-reliant and resilient.
- ✓ Improve physical and mental wellbeing
- ✓ Improve social networks
- ✓ Promote peer support

Workshops, Groups & Courses

If you are interested in joining one of our workshops, groups or courses, please contact us on 02392 498 916 for details. Please note that days and times of groups may vary from time to time due to availability of facilitators

Courses

- Assertiveness —6 week course
- Anger Management—5 week course
- Everyday Mindfulness— 5 week course
- Symptom Management-6 week course
- Personal Wellbeing Planning— 5 week course

Workshops

- Introduction to Healthy Relationships
- Understanding Depression
 - Building Self-esteem
 - Anxiety Management
 - Stress Management
 - Food and Mood
 - Sleep Hygiene

Peer Support Groups

Art and Crafts: 1.45pm - 3.15pm

Thursday—10.00am—11.00am

Saturday—10.00am - 12 noon

Active Mind: 1.00pm - 3pm

Newsletter Focus Group

Everyday Mindfulness

Walking Group: 10am

Support to access

Romsey College confidence course

Money Awareness course

Men's Shed

