

General Practitioner Service

Most low level mental health issues are successfully treated and managed through the NHS GP service. Initially, advice is given and where appropriate, a referral made to the “Let’s Talk” counselling service. Where this is unsuccessful in managing the condition, medication may be prescribed if appropriate. For more serious cases where a more in-depth mental health diagnosis is required, clients are referred to the Local Mental Health Teams for more specialist management.

Local Mental Health Teams

The Local Mental Health Teams provide mental health services for people aged 18 to 65 years across Nottingham City, Nottinghamshire County and Bassetlaw. There are eleven Local Mental Health Teams, each of which includes the following specialist staff: Mental Health Nurses, Occupational Therapists, Psychologists, Psychiatrists, Community Support Workers, Peer Support Workers and Employment Specialists.

The service in Broxtowe is Broxtowe & Hucknall Local Mental Health Team, The Hope Centre, Dovecote House, 38 Wollaton Road, Beeston, Nottingham, NG9 2NR Tel: 0115 854 1271

The Local Mental Health Teams have brought together the following services: Assertive Outreach, Community Rehabilitation, Community Assessment Treatment Services, City Recovery Service, Early Intervention in Psychosis, Social Inclusion and Wellbeing, Community Occupational Therapy Service, Medical Services.

Staff have the skills to help people to cope with periods of severe mental illness and work on their personal path of recovery. They work with people who have a wide range of mental health difficulties. Some may require short term intervention and sometimes longer term care plans will be put in place. They also work with carers and families involved in providing care.

Support offered can include:

- Psychological support and therapies
- Identification of social care needs and ways of meeting those needs
- Practical support
- Occupational therapy
- Medication
- Recovery work and support groups
- Employment course
- Links to wider community resources
- Signposting and advice

Mental Health Helpline

The Nottinghamshire Mental Health Helpline (0300 555 0730) is available 9-5pm Monday to Friday for anyone who needs emotional support or information about what help is available locally for people struggling with their mental health. Professionals are also welcome to call the helpline for advice on working with patients with mental health issues.

A team of supportive mental health workers are on hand to provide information and advice e.g. techniques that people can use to manage anxiety. They will also be able to direct people to other services where needed.

The helpline website also includes useful information about a range of common mental health issues such as anxiety and low mood and how to promote feelings of wellbeing.

The helpline is delivered on behalf of Nottinghamshire Healthcare by Turning Point, a national social enterprise, which has provided specialist mental health services on behalf of the NHS in Nottinghamshire for over 30 years including a residential crisis service and also transitional residential support for people following a stay on a mental health ward.

Mental health crisis helpline

Nottinghamshire Healthcare Foundation Trust have a mental health helpline for local people in crisis.

The helpline number is 0300 303 0165 and is available to anyone in mental health crisis at anytime, anywhere across Nottingham and Nottinghamshire.

Available 24 hours a day, seven-days a week, it's the number to call if anyone is experiencing a mental health crisis and in need of immediate help. It's open to people of all ages who need urgent mental health support.

Notts Help Yourself website

www.nottshelpyourself.org.uk

The Notts Help Yourself website is designed to help people find information about a whole range of organisations and services in the county including:

- activities, groups and events in the local community
- childcare providers
- support for children and young people aged 0 – 25 with a special educational need and / or a disability
- health and social care information and support for adults and children

Searches can be made by topic or district. The website has details and contact information for 123 organisations providing services in Broxtowe under the heading "Social, emotional, and mental health needs".

Every Mind Matters website

www.nhs.uk/oneyou/every-mind-matters/

This NHS website has expert advice and practical tips to help people look after their mental health and wellbeing. The website also contains links to provide information for people who may need urgent assistance.

NHS Choices website

www.nhs.uk/conditions/stress-anxiety-depression/

This website provides information and advice on a range of mental health issues.

Complex Case Panel

This is a group convened and chaired by Broxtowe Borough Council. It is made up of officers from various partner organisations and meets on a monthly basis. The aim of the group is to share information in order to inform discussion of individual cases where a person has complex needs which, for whatever reason, appear not to be met and individual agencies have been unable to resolve. This may be because they just fall short of various thresholds, or they are failing to engage, or for other reasons. The officers will discuss the case and ensure that whatever help and support can be provided is made available to the individual. Many of the cases involve residents with mental health or substance misuse issues and self-neglect.

Middle Street Resource Centre

Middle Street Resource Centre (MSRC) provides support for people with lived experience of mental health issues. They are based in Beeston and cover the Greater Nottingham and surrounding areas. They have two main support groups which are the Mind Set Programme and the Next Step Network. They are professionally managed with support from volunteers.

Hope Centre

Hope Nottingham is a Christian charity, working with local churches and community groups to serve those in need in neighbourhoods all around Nottingham.

Hope House in Beeston has become a one-stop community support centre, working in partnership with many local agencies, to provide a place of trust and transformation for local people.

This includes help with addiction and access to counselling; life skills and volunteering opportunities; practical support with clothing and Foodbank; law centre advice sessions; homeless and mental health support; housing and advocacy support.

Eastwood Mental Health Hub

The Eastwood Mental Health Hub is a service created by Citizens Advice and Mind and part funded by Broxtowe Borough Council, to promote mental health well-being along with providing advice on issues such as debt, benefits, letters from official organisations, forms, housing, penalty charges and more.

The Eastwood Mental Health Hub is being run by an Early Intervention Advocacy Caseworker and a Mind Mental Health Caseworker.

This is a relatively new service aimed at preventing and reducing crisis whether it be mental health crisis or an issue that needs regular intervention. There are one to one sessions, group activities, mindfulness awareness events, and arts and crafts in order to promote better mental health.