



What is this booklet about?

Most people will experience mental health problems at some point in their life. Hartlepool's Beautiful Minds is a partnership project comprised of a range of organisations working across Hartlepool that deliver mental health services. The project is dedicated to promoting good mental health. This booklet is designed to give residents of Hartlepool knowledge of mental health services that can offer support and advice as well as ways to self help.

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Hospital of God in the Community
The Bridge—Dementia Advice & Support
Live Well with Dementia

The Bridge
Unit 1, Gemini Centre
Villiers Street
Hartlepool, TS24 7SA

Phone: (01429) 868587 Email: thebridge@hospitalofgod.org.uk
Website: www.hospitalofgod.org.uk

Who the Service is for:

The Bridge is part of the Hospital of God charity of dementia care and support services in Hartlepool. It provides advice and support for people who have dementia (or who are concerned about their memory), their carers, friends and families. It is for people of any age with dementia.

Getting the Service:

The Bridge is a town centre open access service. You can visit, phone or email to make an appointment to see one of our dementia advisers. Alternatively we may be able to visit you at home or at another location if travel is a problem.

Description of Service:

The Bridge provides a one-stop shop for advice and support. The advice service is free of charge and will help you to understand dementia and live well with dementia. We have information on dementia and we will help you to use our computers to get more information through the internet. We work closely with social workers, memory clinics and nursing colleagues and we can help you obtain the care package you need.

The Hospital of God also provides day care, community pastimes, carer support services and memory cafes.

Call in and see us—we are here to help

Creative Support

Creative Café

Unit 17, The Gemini Centre
Villiers Street
Hartlepool, TS24 7SA
Phone & Fax: (01429) 262918

Description of Service:

Creative Café is an inclusive and welcoming café in the centre of Hartlepool run by Creative Support. The focus is on delivering an inclusive, vibrant and unique hub that is open to everyone. The Café is used by a number of community groups that use the space to deliver closed and open sessions for individuals to access for a range of support.

Creative Café also offers a range of low cost activities too, such as baking, art, social afternoons and volunteering opportunities.

Creative Café is a designated "Safe Place" with the Cleveland Police 'Safer Places Scheme' and a five star gold rated food hygiene kitchen.

Contact the café or pop into our venue to pick up more information.

‘HART’
(Hartlepool Action Recovery Team)
Drug & Alcohol Treatment Services

Location of Services:

Whitby Street
Hartlepool
TS24 7AB

Phone: (01429) 285000

Description of Service:

A commissioned clinical service through Addaction, which offers a substitute prescribing service for those with substance misuse issues including initiation, titration, stabilisation and reduction regimes, BBV (Blood Bourne Virus) vaccinations and counselling.

Linked to that service we have:-

- The James Cook University Hospital Hepatitis team providing a fortnightly Hepatitis C treatment clinic supporting clients testing positive for Hepatitis C.
- A midwife from Hartlepool Hospital who provides a weekly pre and post natal clinic.

A Psychosocial recovery support element, which was recently brought in-house is now provided by Hartlepool Borough Council. We offer a NBPS (Neurological, Biological, Psychological, Sociological) model.

Continued

‘HART’
(Hartlepool Action Recovery Team)
Drug & Alcohol Treatment Services

Description of Service: (continued)

The team provide a wide range of evidence based, needs led, interventions on drop in, 1-1 and group work basis, including:

- Assessment
- NBPS Structured Group Work Programme
- 12-Week Intensive Community Recovery Programme
- DRR (Drug Rehabilitation Requirement) and ATR (Alcohol Treatment Requirement) support groups.
- Preparation for Residential Rehabilitation and Detoxification
- CRAFT (Community Reinforcement and Family Training) / Family Intervention

- HART Young People’s Service offer a range of services for young people up to the age of 18 yrs. The service provides support around substance misuse treatment, prevention and early interventions.
- HART support young people in achieving the recovery goals using structured care planning and we support young people to make informed decisions and stop them making decisions they may later regret.

- We also provide harm reduction advice and education to schools, youth projects or any other young person related service in Hartlepool.

Incontrol-able CIC

Supporting Disabled People in Hartlepool through our Information, Advice and Guidance services

Centre for Independent Living
Burbank Street
Hartlepool, TS24 7NY

Phone: (01429) 401742 Email: info@incontrol-able.co.uk

Website: www.incontrol-able.co.uk

Who the Service is for:

Incontrol-able CIC is the only nationally recognised Disabled People's User Led Organisation (DPULO) across Teesside. Our Management Board is made up of 75% of Disabled People, making us 'Experts by Experience' that is person centred and promotes independence through our services and projects.

Getting the Service:

Incontrol-able CIC provides **FREE** services to Disabled and Older People who live in Hartlepool. We deliver projects and services that provide individuals with Information, Advice and Guidance.

We are based at the Centre for Independent Living and can be contacted via telephone,

Description of Service:

We have two main projects that we deliver.

The first is our Ricochet service, which loans out 'tablets/digital technology' to adults who meet our eligibility criteria, namely people with Physical Disabilities, Learning Disabilities, Autistic Spectrum Conditions and those with Long-Term Conditions who live in Hartlepool. This is a FREE service.

Our second main service is Project 65, where we loan out 'tablets/digital technology' to any individual who is a resident of Hartlepool and is aged 65 or over. We also provide support on how to use the tablet and this is also a FREE service.

All you need to do to access both services is to refer and sign up to our Loan Agreement Policy.

If you require any further information, please do not hesitate to get in touch with us on the contact details above.

Both services are supported by Hartlepool Borough Council and Northgate Public Services

Hartlepool 50+ Forum

c/o Healthwatch Hartlepool
The Orcel Centre
Wynyard Road
Hartlepool
TS25 3LB

Phone: (01429) 288146

Who the service is for:

The Forum welcomes all people aged 50+ who live in Hartlepool.

For more information:

Contact Healthwatch Hartlepool on (01429) 288146.

Description of Service:

The purpose of the Forum is to enable people age 50+ in Hartlepool to have a voice on matters which are important to them, whilst providing organisations and agencies with a mechanism to consult with people age 50+ on a range of issues that relate to planning and developing services.

Members of the 50+ Forum lobby for the rights of older people on a local, regional and national basis. The Forum has elected representatives on many groups and partnerships across Hartlepool and the North East who feed the views of older people into key decision making.

Access Service (TEWV)

Stewart House
53 Church Street
Hartlepool
TS24 7DX
Phone: (01429) 803747

Who the Service is for:

The service is for people who may require secondary mental health services such as treatment from the affective or psychosis teams or specialist services such as autism assessments. Following referral from your GP, the service will assess you and identify the most suitable service to meet your needs.

Being referred:

To be referred for assessment by the service, a referral from your GP or other health professional is required.

Following referral, an assessment will usually be arranged to take place within 2 weeks.

Description of Service:

The service provides assessments and/or short term treatment of a further two sessions for people with mental health needs that cannot be met within primary care. The aim of these assessments is to determine whether you would benefit from secondary mental health services and to signpost or refer you to an appropriate service.

Hartlepool Crisis Resolution and Intensive Home Treatment Team

Sandwell Park
Lancaster Road
Hartlepool
TS24 8LL
Phone: (01429) 285858

Who the Service is for:

The service is for adults aged 18 years+ presenting with an acute mental health need that may require admission to a mental health unit without the potential involvement of an intensive home treatment team.

Being referred:

The Crisis Team can be accessed by the following:

- Substance Misuse Services
- Primary Care Health Professionals including GPs
- Accident and Emergency Departments/Acute Hospitals
- Social Services/Emergency Duty Team
- Police/Forensic Medical Examiner working in custody suites
- Improved Access to Psychological Therapies (IAPT)
- Non Statutory Agencies
- Self referrals

Those individuals who are currently open to secondary mental health services and their respective families and/or carers can contact the team during out of hours for additional support or advice.

Description of Service:

The service provides assessment and intensive home treatment in a range of settings and offers an alternative to inpatient care. The service also responds to service users in a mental health crisis with deteriorating mental health that requires a change in management and increased support.

The Crisis Resolution and Intensive Home Treatment Team is multi disciplinary. It comprises medical, nursing, social care, occupational therapy, support and administrative staff. These are available 24 hours a day, everyday.

Hartlepool Carers

19A Lowthian Road

Hartlepool

TS24 8BH

Phone: (01429) 283095

Email: staff@hartlepoolcarers.org.uk

Website: www.hartlepoolcarers.org.uk

Who the Service is for:

Hartlepool Carers provide support and information to carers in their role. A generally accepted definition of the term carer is as follows:

"A carer spends a significant proportion of their life providing unpaid support to family, friends or neighbours. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems."

Being referred:

Carers can contact Hartlepool Carers directly on (01429) 283095.

Professionals and carers can refer using the referral on Hartlepool Carers website: <http://www.hartlepoolcarers.org.uk>

Description of Service:

Hartlepool Carers can offer support and information on issues connected with your caring role:

- Emotional support, one to one with a support worker or counsellor
- Information and guidance on local helping agencies in the Third Sector, Health and Social Care services
- Group social and peer support activities
- Advocacy service
- Hartlepool Carers Employment and Training Project

Young Carers Team offering a 'Think Family' support service accessed through your social worker or first contact, phone: (01429) 284284.

MINDskills Recovery College

Gaynor Goad, Project Manager
MINDskills Recovery College
Enterprise House
8 Yarm Road
Stockton-on-Tees, TS18 3NA
Phone: (01429) 269303

Who the Service is for:

Any person living in the Hartlepool or Stockton-on-Tees area aged 16 or over experiencing mental health, social or emotional difficulties. You can enrol yourself or someone can refer you for enrolment.

Description of Service:

This is a new service to improve mental health, develop social skills and maintain positive wellbeing. The College aims to help you to become a specialist in your own care, understand what makes you feel well so that you can use the skills learnt when you need them most.

Baby Bereavement Support Group

Christine Morton Lake
Phone: (01429) 231221
Email: bbsghartlepool@yahoo.co.uk Address: 208 York Road, Hartlepool TS26 9EB

Who the Service is for:

Grieving parents, siblings and families of babies that have been stillborn or who have died.

Description of Service:

To provide understanding and support to grieving parents, siblings, families and friends.

Healthwatch

Healthwatch Hartlepool
The ORCEL Centre, Wynyard Road, Hartlepool, TS25 3LB
Tel: (01429) 288146
Email: yoursay@healthwatchhartlepool.co.uk
Website: www.healthwatchhartlepool.co.uk

Healthwatch is the new independent consumer champion for both health and social care. It has two distinct forms - Local Healthwatch at local level and Healthwatch England at national level. The aim of local Healthwatch is to give citizens and communities a stronger voice to influence and challenge how health and social care services are provided within their locality. Local Healthwatch will also provide or signpost people to information to help them make choices about health and care services.

Local Healthwatch will also:

- Have a seat on the local Health and Wellbeing Board ensuring that the views and experiences of patients, carers and other service users are taken into account within key local strategies such as the Joint Strategic Needs Assessment (JSNA)
- Enable people to share their views and concerns about local health and social care services and help to build a picture of where services are doing well and where they can be improved
- Be able to alert Healthwatch England or the Care Quality Commission (CQC) where appropriate, to concerns about specific care providers and other health and social care issues
- Provide people with information about their choices and what to do when things go wrong
- Give authoritative evidence based feedback to organisations responsible for commissioning or delivering local health and social care services
- Help and support Clinical Commissioning Groups (CCGs) to make sure that local services really are designed to meet citizens needs
- Be inclusive and reflect the diversity for the community it serves

Improving Access to Psychological Therapy Services (IAPT)

Alliance Psychological Services Ltd - Phone: 01642 352747
Hartlepool & East Durham Mind - Phone: 01429 269303
Insight Healthcare/Talking Therapies - Phone: 0300 555 0555
Starfish Emotional Wellbeing in Teesside - Phone: 01642 345212
Middlesbrough & Stockton MIND - Phone: 01642 218361
wecantalk.org - Phone: 01642 263121 (option 4)

Who the Service is for:

IAPT is a programme that helps people suffering from depression and anxiety disorders find the best type of therapy for them.

Being referred:

Just speak to your GP and they will put you in touch with one of your local IAPT providers or you can contact them direct. They will work with you to explore the problems you are facing and identify how best to deal with them.

Description of Service:

1 in 4 of us will experience problems with our psychological (mental) wellbeing at some point in our lives. Problems like mild depression, anxiety, stress, panicking, nervousness, isolation and loss of sleep make it hard for us to cope with our daily life. We have a team of qualified, experienced professionals and counsellors specially chosen to work alongside your local GP.

IAPT offers patients treatment combined where appropriate with medication, which traditionally has been the only treatment available. It can help patients suffering from:

- Low mood and/or depression
- Loss of interest and pleasure
- Post-traumatic stress disorder
- Poor concentration
- Sleep problems
- Anxiety
- Feelings of worthlessness, hopelessness and guilt
- Obsessive Compulsive Disorder (OCD)

Useful Contacts:

Samaritans

Phone: freephone 116 123 (24 Hour Helpline)

Website: www.samaritans.org.uk

Harbour Hartlepool Refuge

Phone: 03000 20 25 25 (24 hour)

Website: www.myharbour.org.uk

SANE (Mental Health Charity)

Phone: 0300 304 7000

Website: www.sane.org.uk

Cruse Bereavement Care

Phone: 01642 210284

Website: www.cruse.org.uk

Rethink Rethink Mental Health (Advice and Information Service)

Phone: 0300 5000 927

Website: www.rethink.org

Mental Health Matters

Website: www.mental-health-matters.com

Alcoholics Anonymous: Phone: 0800 9177 650 email: help@aamail.org

Narcotics Anonymous: Phone: 0300 999 1212

Gamblers Anonymous: Website: <http://www.gamblersanonymous.org.uk/>

Hartlepool's Beautiful Minds Partners



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