

Useful Contacts

Citizens Advice Bureau - Free legal advice - 0300 3300 888

Step Change Debt Advice - 0800 138 1111

North East Lincolnshire Council - 01472 313131

Crisis Numbers

If you are worried about your mental health you can call the following numbers 24 hours a day for advice and support.

Rapid Response Team - 01472 256222

Samaritans - 116123

CAMHS Crisis Team (Under 18's) - 01472 626100



What to expect from our support in North East Lincolnshire



If you would like more information, contact us:

North East Lincolnshire Mind
73 Kent Street
Grimsby
DN32 7DH

01472 349991 / info@nelmind.org.uk
www.nelmind.org.uk

Registered Charity Number: 1101976

 mind
for better mental health

North East
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What we do

North East Lincolnshire Mind can support you with your mental health.

We work in partnership with you on a short term basis. Following an assessment, an action plan will be made to help you work towards your goals. You will be involved in all of the action planning process in order for us to support you to work towards your goals.

Our way of supporting you is through a combination of methods:

- Peer support workshops (2 hours over 6 weeks)
- 'Ways 2 Wellbeing' course (2 hours over 6 weeks)
- Support and advice by signposting to other agencies

If you would like more information on any of the above, please call 01472 349991, email info@nelmind.org.uk or visit our website www.nelmind.org.uk

Our Courses

We use a recovery approach to support each person. Through our support we aim to provide ideas and techniques to enable individuals to take control of their next steps towards their recovery. This is individual and we therefore use the Five Ways to Wellbeing in all sessions throughout the individuals support. This creates a holistic look at different aspects of our lives.

Those who attend the workshops will be invited to an assessment prior to the workshops starting, and together an action plan will be agreed to identify personal goals. This will enable support to flow through the journey. The team are supportive and aim to help individuals to make links to their own experiences where appropriate.

There are other courses that individuals can attend such as emotional wellbeing for parents, those living with long term health conditions, and coping with Christmas.

Peer Support Workshop

At North East Lincolnshire Mind we have a 6 week peer support workshop designed to give you the tools and techniques to take steps towards improving your emotional wellbeing. Our peer support group is all about building supportive relationships between group members and finding ways to improve your mental health in order to stay well.

We will guide you through various topics and provide handouts for you to develop your own toolbox to support you.

Support is based on sharing experiences and agreeing a reason for meeting. Peer support can improve your emotional health, wellbeing and sense of belonging.

Peer support is when people use their own experiences to help each other. Forms of peer support can include:

- Community groups, mentoring or self-help groups or volunteering.

Other courses

North East Lincolnshire Mind offer a range of wellbeing courses covering a variety of subjects.

Topics we may cover include some of the following:

- Managing low mood and depression
- Sleep problems
- Food and Mood
- Confidence building
- Remembering to have fun
- Coping with Christmas
- Volunteering

“Coming here to the sessions has had an immense effect on my life. I have met others who experience the same issues as me. Extremely pleased with the workshops and it serves a very valuable purpose.” John