

## MENTAL HEALTH AND WELLBEING DURING COVID-19

Help available:

Organisation	Contact details	Ways in which the organisation can help
<p>NHS Midlands Partnership Foundation Trust (MPFT) working with the Stafford Borough Council “talk to Us” scheme.</p>	<p>Danny Finch  <a href="http://www.staffordbc.gov.uk/talktous">www.staffordbc.gov.uk/talktous</a>                      Face to Face interviews are available in an emergency – otherwise phone them                      Access Service for Adult Mental Health Problems: 0300 555 5001                      People can self-refer with The Access Team. You can speak to a qualified member of staff or the practitioner can arrange a referral e.g. for an assessment, e.g, with the Crisis Response Team                      Users must have access to the internet and an email address.                      MPFT used to have group sessions but they have been suspended during Covid-19. The hope to re-start them soon</p> <p>Staffordshire and Stoke-on-Trent Suicide Prevention programme:                      07498 713 406  <a href="mailto:lorna.scott@combined.nhs.uk">lorna.scott@combined.nhs.uk</a></p>	<ul style="list-style-type: none"> <li>• They are seeing people for the first time – people who have no history of mental health issues, particularly people who have a dual diagnosis i.e. socially related anxiety and alcohol. These problems are mainly affecting younger males and alcohol, females across the age range and alcohol</li> <li>• They have seen an increase in the number of people who are being brought in for a Mental Health Act Assessment.</li> <li>• They have a Crisis Team who are dealing with a lot of problems related to relationship breakdowns, domestic abuse and people losing their jobs or homes</li> <li>• People who have suicidal thoughts can get help</li> </ul>
<p>Staffordshire and Stoke-on-Trent Wellbeing Service offering help to psychological practitioners</p>	<p>0300 303 0923 – self-referral helpline which is open 24/7. If you phone them you will be triaged and referred to the appropriate body</p>	<p>This service can help with:</p> <ul style="list-style-type: none"> <li>• Long-term health conditions</li> <li>• Chronic pain</li> <li>• IBS</li> <li>• Diabetes</li> <li>• Low-mood</li> <li>• Depression</li> <li>• Post-traumatic stress</li> <li>• Health anxieties</li> <li>• Improving sleep</li> <li>• Self-management</li> <li>• Relationship advice</li> </ul>

<p><b>RESOLVE – instilling advice and information into the community concerning early stage mental health / wellbeing and substance misuse</b></p>	<p><b>Danny Gibbons</b>  <b>01785 810 762 (Mon. – Fri)</b>  <b>Live chat service: <a href="http://www.resolve.org.uk">www.resolve.org.uk</a> (Mon – Fri)</b></p>	<ul style="list-style-type: none"> <li>• This organisation offers one to one work at outreach centres e.g. in churches or village halls. You can “drop –in” at their events if you are not comfortable with digital resources.</li> <li>• Their mental health community sessions are currently on line or in person if it is considered safe.</li> <li>• They offer training about alcohol and substance misuse issues</li> <li>• They have free resources including hard copies e.g. an information sheet entitled: “Looking after your mental health” e.g. you-tube videos</li> <li>• They have found that Covid-19 has heightened the problems</li> <li>• They offer telephone support</li> <li>• They are a resources which points people in the right direction</li> </ul>
<p><b>Support Staffordshire befriending service</b></p>	<p><b>Esther Bromley</b>  <b>Anne Ross</b>  <b><a href="mailto:training@supportstaffordshire.org/uk">training@supportstaffordshire.org/uk</a></b></p>	<p>This organisation offers training for anyone wishing to set up a befriending service. You will get help with:</p> <ul style="list-style-type: none"> <li>• Technology</li> <li>• Digital skills</li> <li>• Hints and tips as to how to help someone to find help online</li> <li>• Actively listening</li> <li>• Having effective meetings</li> <li>• Managing expectations in the relationship</li> <li>• Awareness of boundaries</li> <li>• Understanding how to end the befriending relationship</li> <li>• Identifying needs and how to refer someone to other services with the individual’s consent</li> </ul>

		<p>These are some of the issues that a befriending service can help with:</p> <ul style="list-style-type: none"> <li>• Loneliness and a feeling of isolation</li> <li>• Lack of activity</li> <li>• Eating/drinking/weight management</li> <li>• Looking after a home and staying independent</li> <li>• Falls prevention</li> <li>• Debt</li> <li>• Bereavement</li> <li>• Mental and physical health</li> <li>• Caring responsibilities</li> </ul>
<p><b>Starfish Health and Wellbeing</b></p>	<p><b>Sharon Whitchurch – Senior Community Link Advisor</b>  An advisor is attached to every doctor’s surgery and you can be referred to him / her by a doctor, nurse or receptionist.  07945 290 918  Sharon.Whitchurch1@nhs.net</p>	<ul style="list-style-type: none"> <li>• This organisation is here to listen concerning issues that cannot be solved by GPs. Get in touch with this team that can help you to get / feel better through methods other than medication.</li> <li>• They work with people over 18 yrs.</li> <li>• They work with anyone who is struggling with social, economic or environmental issues that go beyond a medical intervention.</li> <li>• A patient can request that the surgery refers them to Starfish – a social prescribing service</li> <li>• Once you have been referred an initial review appointment will be made with Starfish, which can last up to 45 minutes and which will be individually tailored to the patient.</li> <li>• This organisation will not go to people’s homes</li> </ul>