

BASSETLAW MENTAL HEALTH SUPPORT COMMUNITY PROVIDERS



your space
at home

Bpl Community Health offer a Health and Wellbeing exercise referral scheme. This is a 12 week programme-tailored around your health related condition. You can access the scheme by speaking with your health care professional at your local surgery, where they will refer you to one of our fantastic Bpl Leisure Centres in Retford, Worksop and Bircotes. Alternatively self-refer by visiting our website at www.bpl.org.uk and completing the online self-referral form. - Your first consultation and fitness session with our qualified GP Referral Co-ordinator is free of charge and then offer non contract discounted rates. Also access to join our online fitness platform.

www.yourpaceathome.com Retfordreferrals@bpl.org.uk

Worksopreferrals@bpl.org.uk Bircotesreferrals@bpl.org.uk



Nottinghamshire

Nottinghamshire Mind offers a number of community initiatives aimed at encouraging community connectivity and increasing wellbeing skills. These take place at cafes and other locations at the heart of our communities as well as digitally on Zoom and GroupMe. We have various groups people can join in with from Pottery to Running and Gardening to Petanque.

Contact the Community Service Lead Annalise Porter on 07305 079545

Email - communityservicelead@nottinghamshiremind.org.uk



Get Out
Get Active
Bassetlaw

Bassetlaw Men's Walk and Talk Idle Valley Nature Reserve 10am every 2nd Saturday and Kings Park 10am every 4th Saturday. For more information or to book on to these walks call Bassetlaw Action Centre 01777 709650

Email - goga@actioncentre.org.uk Website - www.bassetlawactioncentre.org.uk



Get Out Get Active (GOGA) Bassetlaw is a project that is working across the district to support those who are inactive or have a long term health condition to get active by taking part in fun, safe and inclusive activities and therefore improving their mental health. 01777 709650

Email - goga@actioncentre.org.uk Website - www.bassetlawactioncentre.org.uk



Muddy Fork

Gardening activities, willow craft, bee keeping, or very gentle conversation with a cuppa in the garden Mon, Weds and Fri. Sessions are about feeling connected to nature and allowing yourself to be the best version of yourself.

Enquiries@muddyfork.org



We provide free NHS talking therapies for adults, to help with common issues like low mood, stress, and anxiety in Bassetlaw.

We accept self-referrals, so you don't have to go through your GP or other healthcare professional. You do need to be registered with a local GP practice before you can access support with us.

You can refer online at: <https://insightwellbeingatwork.force.com/iaptreferrals/s/>
Or telephone us on 0300 300 0033



Qwell, which is a free, anonymous adult online counselling and emotional wellbeing service which can be accessed immediately by using a computer, smartphone or tablet device, allowing local people to access support and guidance whenever they need it.

Website - <https://www.qwell.io/>



OASIS - Gardening for Life & Flowers for Life (and other Lifeline projects) are skills based therapeutic projects using social prescribing, workshops, courses and volunteering to support people who are unemployed, have mental health needs, additional needs and disabilities.

Tuesdays & Thursdays 10am -1pm.

Contact or refer - 07795 194957.

Website - www.oasiscommunitycentre.org



...you are not alone

Free Support for children, young people (3-18) and their parents/carers who are affected by the death or terminal illness of someone close to them. Support includes one to one support sessions, telephone advice, Play Therapy, Filial Therapy, group activities, social events and workshops. Training is provided for professionals to increase their knowledge and skills to better support children and young people who are grieving. Support is available for families and professionals from Nottinghamshire & Lincolnshire and all can refer directly to the service using the simple downloadable form on our website.

Tel: 01636 551739

Email- info@childrensbereavementcentre.co.uk

Website- www.childrensbereavementcentre.co.uk



Talkzone is a free, confidential, one-to-one counselling service for children and young people, aged 11-25, across Bassetlaw.

Referrals can be made using an online form accessed via our website or by calling our office.

CYP can refer themselves if they are aged 13 or over.

After an initial assessment appointment CYP are placed on a waiting list to access between 6 and 12 sessions of weekly counselling support to help them explore their emotions and find ways to better manage their mental health moving forward.

Counselling is not a crisis service and CYP should not be referred to Talkzone if they require immediate or emergency support/intervention. Office - 01909 530943

Email - info@talkzone.org.uk Website - www.talkzone.org.uk



Bassetlaw Action Centre offer a range of services to support people's mental health. Including Home Support Services, Community Car Scheme, Community Transport and much more. The Staying Well Programme is a free six week programme facilitated by tutors with long term conditions to help you manage your health. Tel: 01777 709650

Email - enquiries@actioncentre.org.uk Website - www.bassetlawactioncentre.org.uk



WORKING TOWARDS A BRIGHTER FUTURE

The Tomorrow Project offers a specialised suicide bereavement support service. We provide one to one, face to face or remote, emotional and practical support sessions to anyone that has been bereaved, affected or exposed to a death by suicide. Our sessions are free and tailored to meet the individual needs of the client.

Tel- 0115 880 0280

Email- bereavement@tomorrowproject.org.uk



Support | Information | Training | Consultancy

Harmless is a self-harm service that provides free clinical support and clinical interventions for those that are at risk of self-harm and/or experience chronic suicidality.

Website - <https://harmless.org.uk/>

Tel-01158800280



Kooth.com is a safe, confidential and non-stigmatised way for children and young people to receive free counselling, advice and support on-line. Staffed by fully trained and qualified counsellors and available Monday to Friday from 12 noon until 10pm each night, and weekends from 6pm to 10pm, 365 days per year, it provides a much needed confidential and instant access service for young people aged 11-25.

Website - <https://www.kooth.com/>



Men on the Edge - A range of support projects for men in crisis, need, at all times and situations. Drop in cafe, Skills based workshops, counselling and advice for men (Abuse, Mental Health, Suicidal thoughts, Unemployment, Bereavement and more.

Contact or refer - 07795 194957.

Website - www.oasiscommunitycentre.org



The Mental Health Crisis Line number 0808 196 3779 and is available to anyone in mental health crisis at any time anywhere across Nottingham and Nottinghamshire.