

**NEED SUPPORT WITH YOUR
MENTAL WELL-BEING?**

**HELP
IS AT HAND!**



From the Essex Community Tree Network
A helpful, handy and informative guide
to support available in Brentwood

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BOROUGH COUNCIL**



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THE ESSEX COMMUNITY TREE NETWORK GUIDE TO MENTAL WELL-BEING SUPPORT IN BRENTWOOD

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ESSEX COMMUNITY TREE NETWORK

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Introduction

Mental well-being is at the centre of everyone's lives. When things go wrong – such as relationships, bereavement, finances and physical health, we can find ourselves struggling to cope both mentally and emotionally.

Covid-19 has resulted in many adults and children experiencing prolonged periods of low mood and feelings of anxiety and stress for the first time. Others already experiencing mental ill-health may have noticed their symptoms are worse.

There is nothing to feel ashamed or embarrassed about these feelings. It is not your fault that you have them. Reaching out for help only shows your strength to learn the ways to make you feel better.

The following pages in this booklet contain details of the Brentwood Community Tree. These are organisations that work together and can help and support you in difficult times.

This is the first booklet of this kind in Brentwood and has been produced thanks to funding from Brentwood Borough Council and the Brentwood Health and Wellbeing Board.

We hope you will find this a helpful guide to use and share with family and friends.

Audrey Clark
Essex Community Tree Lead



NHS services for adults aged 18 and over

A mental health crisis is different for everyone. The causes are different. How people feel is different. How people act is different. If you have a sense of being overwhelmed, being unable to cope and lacking control, then please seek help from someone as soon as possible.

Where to seek help

Urgent mental health issue – aged 18 and over

- Call the NHS Crisis Response Service mental health phone line on 111 and follow the prompts to select the option for mental health crisis (option 2). You will be connected to trained staff at Essex Partnership University Trust (EPUT) who can provide immediate and specialist telephone support and advice.
- Call your care coordinator at EPUT, if you have one, at the Brentwood Resource Centre 01277 265 300 Mon-Fri, 9am-5pm.
- Book an emergency GP appointment – they should be able to offer you an appointment in a crisis with the first available doctor.
- Call Adult Social Care on 0345 603 7630 or 0345 606 1212 (outside of normal working hours).

Serious or life-threatening emergencies

If you are worried for your own or somebody else's safety, please call the emergency services **999** immediately.

For more on NHS adult mental health services please download their helpful guide. bit.ly/bb-adult-mental-health-guide

NHS services for anyone under the age of 18

The COVID-19 pandemic brought sudden changes to the normal pattern of life in 2020. This had a big impact on children and young people. Not being allowed to go to school, college, and see friends, would understandably make you feel unhappy at times. This, on top of what life can throw your way, such as a bereavement or relationship problems can make you feel unable to cope, experiencing overwhelming anxiety and constantly low in mood. If you feel like this, please seek help as soon as possible.

Where to seek help

Urgent mental health issue – under the age of 18

Call NHS Emotional Wellbeing and Mental Health Services (EWMHS). Anyone under the age of 18 or family members of anyone under the age of 18 in crisis, should call (EWMHS) on 0300 555 1200. The line is open 24 hours a day so please get in touch if you need to.

Serious or life-threatening emergencies

If you are worried for your own or somebody else's safety, please call the emergency services **999** immediately.

For more on NHS children and young people's mental health services please download their helpful guide.

bit.ly/bb-cyp-mental-health-guide



BASILDON AND BRENTWOOD CLINICAL COMMISSIONING GROUP

NHS Services VitaMinds

VitaMinds is a local, **FREE**, mental health therapy service for people aged 16 and over who are registered with a Basildon or Brentwood GP. We offer a range of support for those who are experiencing common mental health conditions such as anxiety and depression.

We provide online webinars, one to one support and long-term condition interventions.

Our support is available remotely; over the telephone, secure video link and webinars, enabling us to be accessible and available to you during this uncertain and challenging time. Interpreter/sensory services are available.

Our team are here for you to talk through your problems and provide you with new techniques to help you have a more positive approach to life.

"I've been finding it helpful, it's the first time I feel listened to and treating me as me not just textbook, I already know it will be really helpful"

"All of the team were so patient and understanding, they made me feel so comfortable"

Services open Monday-Friday 8am-8pm
and Saturday 9:30am-12:30pm.

**Do check out Limbic the new chat box
launched on VitaMinds website!**

Email: refer@vhg.co.uk

Tel: 01268 977 171

Web: www.vitahealthgroup.co.uk/basildon-and-brentwood/

Mental Well-being

How do I know that it is time to seek help?

Do you feel very “anxious” in certain situations? Maybe you find yourself worrying about anything and everything most of the time and cannot control the worry.

Or are you feeling “stressed” suffering from a “low mood”, not feeling like doing anything or seeing anyone?

Perhaps you have experienced a “traumatic” event, and you keep having flashbacks and nightmares?

Anxiety

Anxiety is a normal reaction to stress and can be beneficial in some situations. It can alert us to dangers and help us prepare and pay attention.

Anxiety disorders differ from normal feelings of nervousness or anxiousness and involve excessive fear or anxiety. There are several types of anxiety disorders, including Generalized Anxiety Disorder, Post Traumatic Stress Disorder (PTSD), Obsessive Compulsive Disorder (OCD), Panic Disorder, Phobia, Social Anxiety.

Anxiety disorders are the most common of mental disorders and affect nearly 30 percent of adults at some point in their lives.

In general, for a person to be diagnosed with an anxiety disorder, the fear or anxiety must:

- Be out of proportion to the situation or age inappropriate
- Hinder your ability to function normally

Mental Well-being

Depression

If you have been experiencing five or more of the following symptoms during the same 2-week period and at least one of the symptoms should be either (1) depressed mood or (2) loss of interest or pleasure.

1. Depressed mood most of the day, nearly every day.
2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.
3. Significant weight loss when not dieting or weight gain or decrease or increase in appetite nearly every day.
4. A slowing down of thought and a reduction of physical movement (observable by others, not merely subjective feelings of restlessness or being slowed down).
5. Fatigue or loss of energy nearly every day.
6. Feelings of worthlessness or excessive or inappropriate guilt nearly every day.
7. Diminished ability to think or concentrate, or indecisiveness, nearly every day.
8. Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for suicide.



HELP IS AT HAND IN THE FOLLOWING A-Z GUIDE

Brentwood Community Tree Services

Activities for Well-being

Chat 1st • Futures in Mind • TrailNet • Women Together

Addictions Support

Essex Alcohol Recovery Community • Open Road

Benefits and Debt Advice

Citizens Advice South Essex • Families InFocus • Peabody

Empowerment through Advocacy

**Citizens Advice South Essex • Families InFocus
Rethink Essex All Age Advocacy • SNAP**

Family Support

**BOSP • Carers First • Families InFocus • Home-Start Essex
Kids Inspire • SNAP • The Change Project • Women Together**

Listening, Talking or Counselling

**Bennetts • Carers First • ECHO • Families InFocus • HBBS
Home-Start Essex • Kids Inspire • Samaritans • SNAP
The Change Project • Thurrock and Brentwood Mind
Victim Support • Women Together • YPCS**



HELP IS AT HAND IN THE FOLLOWING A-Z GUIDE

Brentwood Community Tree Services

Nutritional Help

Women Together

Spirituality

Brentwood Buddhist Centre • Women Together

Support into Employment

Frontline Partnership • Heads Up

Support to Volunteer

**Brentwood CVS • Citizens Advice South Essex
Frontline Partnership • Futures in Mind • SNAP
Thurrock and Brentwood Mind • TrailNet**

Training and Development

**ACL Adult Community Learning • Futures in Mind
Heads Up • Open Road • The Change Project
Thurrock and Brentwood Mind**

Victim Support

Essex Compass • The Change Project • Victim Support



**We Offer:
Training and Development**

ACL Adult Community Learning

ACL Mental Health Wellbeing & Recovery Programme 2020/21

Adult Community Learning offers a range of courses for anyone wishing to improve their mental wellbeing or recovering from a period of mental ill-health, supporting or working with people who are experiencing mental health difficulties or wishing to gain awareness of mental ill health.

Introductory workshops and courses, take place online in a virtual classroom with group teaching facilitated by two qualified specialist tutors with professional and lived experience and knowledge of mental health.

Topics include: Building Self Confidence, Bereavement and Self Care, Goal Setting, Health and Wellbeing, Building Resilience; Managing Anxiety; Managing Sleep; Positive Thinking for Stress Reduction; Reducing Anxiety and Staying Healthy; Self-Care for Resilience; Self-Care for Carers.

“The camaraderie with others and understanding how they are thinking and feeling. In lockdown this course came at the right time for self-reflection and self-awareness.”

“This course was amazing, and I would recommend to anyone. The tutors were great, and I will really miss not attending each week. It has helped me at a really tricky time in my life. Thank you.”

Email: Juliet.Gill@essex.gov.uk

Tel: 0345 603 7635

Web: <https://aclessex.com/mental-wellbeing>



**We Offer:
Listening, Talking or Counselling**

Bennetts Funerals Bereavement Support Groups

New Era Group

For anyone who has suffered a bereavement.

Tel: 01277 210 104 Email: info@bennettsfunerals.co.uk

"I lost both my parents a short distance apart. I felt no one could ever know the pain I was going through. Jane Bennett encouraged me to go along to a meeting but I was very sceptical. When I did, nothing was asked of me, nothing expected. A group of ladies and gentlemen sat chatting comfortably over light refreshments. I wasn't looking for new friends but amongst people of a like mind, who know the pain of loss, new friendships seemed inevitable."

Our Grieving Hearts

For parents who have suffered the tragedy of child loss.

**Tel: 01277 210 104 or 07894 698 288
Email: hello@ourgrievinghearts.co.uk
www.ourgrievinghearts.co.uk**

"Attending the group helped me to talk about the great loss of my daughter, among friends, who understood and empathized and it helped so much".

"For me, it is knowing that others in our group know exactly how bad the pain is and how they dealt with their grief".

**Email: info@bennettsfunerals.co.uk
Web: www.bennettsfunerals.co.uk**

Tel: 01277 210 104

We Offer: Family Support Counselling

BOSP Brighter Opportunities for Special People

BOSP is a South Essex based charity that provides activity clubs with full care for children and young people who have disabilities or life-limiting illnesses.

Whilst providing vital respite for the family, BOSP aim's to improve well-being in the children by reducing isolation and developing their self-esteem, independence and social skills.

Support services also include child/family counselling and a parent and toddler group.

A Brentwood parent's voice:

"BOSP is special, you walk in and your shoulders automatically untense. I know my child is going to be safe and have fun, and I can finally put my feet up and relax".

"BOSP is very important to us. BOSP is a place where my child can access activities and days out with friends and Support Workers other than his parents. This is an important part of social and emotional wellbeing. We have another child and we are able to do things with him that would be difficult to do all together. It's the only respite that we access. BOSP is a community and an invaluable resource to Special Educational Needs families".

Email: enquiries@bosp.co.uk
Web: www.bosp.co.uk

Tel: 01268 553 117



We Offer: Spirituality

Brentwood Buddhist Centre

We Offer Individual and Community Support

Brentwood Buddhist Centre has provided support services to the community for 13 years. We teach powerful ancient meditation techniques that enable people to overcome negative patterns of thought such as fear, anxiety, anger and depression, allowing them to lead a much happier and more positive life. We offer Meditation classes, Spiritual education, Yoga classes, Healing, Dharma Rites and Spiritual services.

Testimonials:

"I discovered Brentwood Buddhist Centre a few years ago when I was physically very ill. My illness had also caused me to have severe anxiety and PTSD. I attended a drop-in guided healing meditation at the Centre and could not believe the instant profound positive effect that it had on me, both physically and mentally. I began attending these sessions regularly and using the practices that I had been taught at home. I have never looked back, and today I am much stronger physically and mentally than I ever was, this place has been a life-saver for me"

Address:

Brentwood Buddhist Centre
Merrymeade House
Merrymeade Chase
Brentwood
Essex
CM15 9FE

Email: info@brentwoodbuddhistcommunity.com

Tel: 01277 212 600

Web: www.brentwoodbuddhistcommunity.com

Brentwood CVS

Brentwood CVS offers one to one support and help in finding a local volunteering opportunity for you.

Brentwood Volunteer Opportunities

Volunteering can enhance your life, the lives of others and make a difference to our local community!

Volunteering has something for everyone:

- Learn new skills
- Have fun
- Get vocational experience
- Meet new people
- Increase confidence
- Make a difference!

Testimonial from a Brentwood Volunteer

"I see volunteering as a really important part of my life. Giving your time to something you enjoy doing is the greatest thing ever. And still leaves you feeling proud of contributing to something where you are needed. I love it!"

Email: enquiries@brentwoodcvs.org.uk
Web: www.brentwoodcvs.org.uk

Tel: 01277 222 299



Carers FIRST
FIRST Choice for Carers

We Offer:
Family Support
Listening, Talking or Counselling

Carers FIRST

About the Service

Carers FIRST has been commissioned by Essex County Council to deliver carer support across Essex to unpaid carers aged 18+ and we have a Carer Support Adviser specifically for the Brentwood area.

At Carers FIRST, we understand that caring can be hard, but believe getting the right help shouldn't be. We work directly with and for unpaid carers to provide personalised information, advice and support; making it easier for them to continue living their lives to the fullest. We currently run online carer wellbeing groups and activities but look forward to getting back to community based events too.

One carer's recent comment *"The fact that I am listened to helps boost my confidence – Carers FIRST has given me a voice for which I am grateful"*.



Email: hello@carersfirst.org.uk
Web: www.carersfirst.org.uk

Tel: 0300 303 1555



We Offer: Activities for Well-Being

Chat 1st

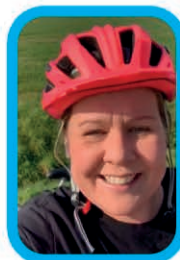
Chat 1st uses exercise and activity programmes as an intervention and recovery tool for poor mental health. Using a uniquely skilled work force from instructors to peer support workers, the team actively seek to improve the participants mental, physical and social wellbeing whatever the social setting.

Exercise and activity helps mental health by increasing your energy, managing stress and anxiety, improving sleep, releasing feel-good hormones and improving focus. Chat 1st adds the underlying golden thread to this by getting participants talking using peer support workers with their own lived experience.

"Chat 1st helped me see the link between exercising and mental health. Exercise has now become as essential part of my life to keep my mental health in the best shape as possible. Without Chat 1st I wouldn't have got to that point. So I can't thank them enough, for helping make exercise a part of my life."



Chat 1st™ - Your community wellbeing programme



Email: chat1stwellbeing@gmail.com
Web: www.chat1st.co.uk

Tel: 07849 467 165

We Offer:
Benefits and Debt Advice
Empowerment through Advocacy
Support to Volunteer

Citizens Advice South Essex

Citizens Advice South Essex provides free, confidential, and impartial advice that people need for the problems they face and to improve their lives.

We have experience in providing non-medical advice to people of all ages who are experiencing mental health issues on a large range of subjects.

Here are some examples of the subjects we can help with:

Benefits, debt, employment, housing, family issues
and relationship advice.

What people have said about our services:

'Your advice helped me find a way forward'

'I feel a lot less stressed following help from Citizens Advice'

Please note our opening times:

Monday to Friday: 9am – 5pm

Saturday: 9am – 12 noon

Web: www.citizensadvice-southessex.org

Tel: 0808 278 7877

How can we help you?

We provide support, advice and information around alcohol use for adults over 18

If you are finding that alcohol is causing problems in your life, we can help. Whether you want to reduce the amount you drink, or how often you drink, or abstain completely, we provide a range of support that is designed around your personal needs and aspirations. We know it's not easy to address problems with alcohol but our experienced team will guide you through the support on offer. We use tried and tested methods to help you to work towards your personal goals.

You can benefit from support on a one to one basis, including counselling and group support, where you can share experiences with other people with similar experiences.

We also support family or friends affected by a loved one's drinking.

Essex ARC has a comprehensive group programme for clients which covers, Open Groups, Women's Group and Evening Groups. Due to COVID restrictions these are currently offered via Teams. For those that do not have IT access alternatives are on offer.

About the Service

ECHO is a not-for-profit organisation specialising in visiting clients in their own homes to provide individual and couple counselling to anyone over the age of 50. The sessions last for 50 minutes and are normally held weekly in the client's own home. All ECHO counsellors are volunteers, members of the British Association for Counselling and Psychotherapy (BACP) and have completed the necessary training courses. All have an enhanced DBS check.

Counselling

Counselling gives you the opportunity to talk about your feelings in a way that you may not be able to talk to anyone else. It offers a safe place where you can explore your difficulties, concerns and anxieties in a way that can bring meaning, self-understanding and a greater freedom to cope.

Counselling can help you look at lots of issues:

- The loss of relationships, independence and mobility
- Coping with the changes retirement might bring
- Isolation and loneliness
- The challenges of moving into residential care
- Bereavement
- Depression and anxiety
- Relationship issues
- Chronic illness

Domestic abuse support

COMPASS are here to make sure you get the right support at the right time and this single point of access is designed to increase accessibility to domestic abuse services already provided in Essex by Safe Steps, Changing Pathways and The Next Chapter with whom we work in partnership.

If you are experiencing, or at risk of domestic abuse and need information advice and guidance please contact us.

You will speak with a trained practitioner who will complete an assessment and ensure contact is made with the most appropriate service.

If you are in immediate danger, please **call 999**

Call **0330 3337 444** (Mon-Fri, 8am-8pm and weekends 8am-1pm) or you can access our 24hr information and online referral forms at **www.essexcompass.org.uk**



Families InFocus
(ESSEX)

We Offer:
Benefits and Debt Advice
Empowerment through Advocacy
Family Support
Listening, Talking or Counselling

Families InFocus (Essex)

About the Service

We are an independent, parent-led charity, providing FREE specialist and person-centred support to families who have a child or young person with any special educational need or disability (SEND). We work alongside families, to empower and give confidence.

We can offer:

- Information and advice, and a helpline.
- One to one support including assistance with Disability Living Allowance (DLA) and Personal Independence Payments (PIP) applications.
- Independent parental support on all educational issues includes assessments, education health care plans and exclusions.
- Support through group activities including a Saturday Activity Club.

"I honestly believe the support and guidance you provide is invaluable. I cannot thank you enough. I felt so supported and understood. When I couldn't turn to others I could to Families InFocus."

Email: helpline@familiesinfocusessex.org.uk
Web: www.familiesinfocusessex.org.uk

Tel: 01245 353 575

We Offer: Support into Employment Support to Volunteer

Frontline Partnership

What we offer

We offer community-based experiences specifically to people with a learning disability and high support needs who are at risk of being excluded from many of the simple pleasures and experiences of everyday life. The current range of opportunities on offer are driven by the individual's aspirations and choices. These include paid and volunteer work, horticulture, art and various social gatherings.

A vital part of Frontline's role is building acceptance and inclusion for everybody and seeking to develop and nurture a culture that takes community inclusion for granted.

Some activities may include a small charge. Our friendly team will be happy to discuss the options with you and arrange a visit to our activities.

Testimonial

"I enjoy coming to work to enjoy my skills and see everybody in Frontline. I feel very included, and it is lovely to be paid".



We Offer:
Activities for Well-Being
Support to Volunteer
Training and Development

Futures in Mind

About the Service

Futures in Mind is a service designed for people across Essex who are looking for support with mental-ill health and recovery from drug and alcohol misuse.

How to Access the Service

If you feel you'd benefit from support in moving forward with your mental health and/or recovery of drug or alcohol misuse then our social inclusion and peer support could be what you are looking for. To access the service and support such as welcome cafes, virtual groups, befriending and various other activities simply refer yourself via any of the options below.



Email: fim.enquiries@futuresinmind.org.uk
Web: www.futuresinmind.org.uk

Tel: 01376 316 126



**We Offer:
Listening, Talking or Counselling**

HBBS Havering & Brentwood Bereavement Service

About the Service

HBBS Counselling (formerly Havering and Brentwood Bereavement Service) was founded over 30 years ago. Over the years we have developed our bereavement support, launching a children's counselling service in 2009 and since then, diversified, supporting people of all ages with a wide range of issues. Our counsellors are qualified to degree level or the equivalent, have regular training and support and suitable experience to work with our clients.

What we offer

Individual counselling of an initial consultation plus 6 sessions in the first instance. We offer face-to-face work (in our counselling rooms behind Brentwood High Street), telephone and video link counselling. There are a range of fees for our work, but we try to access funding to keep our charges as low as possible.

Want to know more?

You are welcome to get in touch to discuss your current situation and explore whether counselling and the support we offer are right for you.

Email: enquiries@hbbscounselling.org
Web: www.hbbscounselling.org

Tel: 01277 283 199



We Offer: Support into Employment Training and Development

Heads Up

We offer:

Employment support to people who have experienced common mental health problems such as anxiety, depression and low confidence.

How we can help:

HeadsUp offers Peer Support and practical job seeking advice to people in Essex, Southend and Thurrock. Our participants are unemployed or may have not worked due to caring responsibilities or bringing up a family. They may have experienced anxiety, low confidence, stress or depression and feel that they need support to help them take the first steps back to employment, training or job searching.

Our service offers wellbeing support along with helping to develop key employability skills from basic IT to a brilliant CV, or preparing for an interview. Sessions can be one to one or in small groups, and everything works at the pace that suits our participants.

'HeadsUp is a free programme funded by the European Social Fund and the National Lottery Community Fund'



Email: headsup@enableeast.org.uk
Web: www.enableeast.org.uk/headsup

Tel: 01206 489 912



We Offer:
Family Support
Listening, Talking or Counselling

Home Start

About the Service:

Being a parent has never been easy. It can be lonely, frustrating, heart breaking and overwhelming. All parents struggle at one time or another. For some, the challenges can be greater. You are not alone.

Home-Start's volunteers work alongside families just like yours to give compassionate and confidential support.

They help people to regain the confidence to be the parents they want to be.

The support Home-Start volunteers give is not judgemental, it is just compassionate, confidential and as an individual, as you are. We work with you to build on your strengths and give you the support that you tell us that you need.

Please get in touch with us to find out how Home-Start can help you and your family.

Email: info@home-startessex.org.uk

Tel: 01245 847 410

Web: www.home-start.org.uk/home-start-essex-brentwood

Kids Inspire

About the Service:

Kids Inspire offers vital support to children, young people and families in Essex recovering from traumatic experiences or dealing with emerging mental health difficulties. Through proactive listening and therapeutic practice, the charity promotes self-resilience, greater self-awareness, and relationship building to empower more positive life choices.

The impact of the coronavirus pandemic on the mental health of young people has been tough, resulting in increased demand for our services with over 12,000 online therapeutic sessions delivered. We have remained open for face-to-face therapy where needed.

A group of Brentwood schools, are working in partnership with Kids Inspire to support the emotional wellbeing of their pupils:

"Kids Inspire not only supports the child but the whole family. They are able to consider a full range of therapeutic support to meet the needs of our pupils; an example of this is where one family has play therapy for the child as well as both parents receiving their own individualised plan"



We Offer: Addictions Support Training and Development

Open Road

About the Service

Open Road is an established drug and alcohol recovery support charity in Essex and Medway. We provide services to support individuals on their journey to recovery from drug and alcohol addiction. As well as this, we offer help to individuals in the criminal justice sector.

What can we do for you?

- Are you worried about your own drug and/or alcohol use?
- Do you have concerns about a friend or family member?
- Are you a young person in need of confidential advice and support?
- Are you struggling to adjust having been in prison or on probation?

Our Core Services:

- Structured recovery programmes ● Advice and information
- Stimulants service ● Housing benefit and debt advice
- Psychosocial interventions ● Harm reduction programmes
- Cannabis service ● Sexual health advice ● Needle exchange
- Work clubs ● Semi-structured groups ● Peer support
- Family and carers support ● Criminal justice interventions
- Online support and computer-based therapies ● Drug testing and more...

13 Southview Road, Vange, Essex, SS16 4ER.
(behind Vange Library)

Email: info@openroad.org.uk
Web: www.openroad.org.uk

Tel: 01268 531 435

How we can help:

Providing housing related support services to people aged 16 and over living in Basildon, Brentwood, Castle Point, Rochford, Rayleigh, Epping, Harlow, Colchester, Tendring, Chelmsford, Braintree, Maldon and Uttlesford areas.

We can help you with:

- Housing benefit advice & claims
- Finding employment & training opportunities
- Housing problems & those threatened with homelessness
- Getting support for drug & alcohol problems
- Support with managing rent arrears
- Getting support for mental health
- Financial advice
- Budgeting support



Email: efsco-ordinator@peabody.org.uk

Tel: 0800 288 8883

Rethink provides an all-age advocacy service offering support to a wide range of people, including people with learning, physical and sensory disabilities and mental illness.

What is Advocacy?

Advocacy is having someone by your side, and on your side, when you want to be more involved in decisions about your care, treatment and living arrangements.

An advocate can talk through the situation you are currently in and the options open to you.

They can help you decide what you want and then communicate it to people.

This is particularly useful if it is difficult to understand things or to speak up and be heard.

An advocate can help you express your views and wishes to health and social care professionals or do this on your behalf. Advocacy starts with us listening to what you want us to help you with and where you want to get to.

Samaritans**What we do:**

We provide a safe, confidential, and non-judgemental space for anyone who is struggling to cope. You do not have to feel suicidal to get in touch with us, we are here for you whatever you are going through, no matter how big or small the problem might be. If it is important to you, it's important to us too.

How we help: If you are worried about something, feel angry, upset, lonely, lost or just confused and want to talk to someone, please get in touch. Our volunteers are trained to listen and to help those who are finding it hard to deal with everyday life. We do not give advice, but we can help you to make sense of things.

We are available 24 hours a day every single day of the year.



Email: jo@samaritans.org
Web: www.samaritans.org

Tel: 116 123
Call Free



We Offer:
Empowerment through Advocacy
Family Support
Listening, Talking or Counselling
Support to Volunteer

SNAP Special Needs And Parents

SNAP Charity helps families with children and young people - aged 0-25 - who have any special need or disability. SNAP offers a helping hand to thousands of families who need support, and no formal diagnosis is necessary to access SNAP services.

The SNAP approach in supporting the whole family unit means they are a reliable constant in their lives and SNAP's experienced Family Support Advisers offer an engaging, needs-led, comprehensive service for families.

Those services include: Helpline, Face-to-Face Support, Specialist Talks, Online Resources, Counselling, Benefit & Educational Advice, Specialist Library, Sibling Support and After-School/Holiday Sessions for all ages.

SNAP services are for Essex registered families who have a child with additional needs - please contact SNAP if you would like to register.

"My child with cerebral palsy uses a frame and a leg brace, they attend mainstream school and really feel these differences leading to frustration, isolation and low self-confidence. Since attending SNAP's counselling sessions my child's emotional well-being is calmer with less breakdowns. Having a safe and trusted person to talk to so they can fully explore how they are feeling has been hugely beneficial. They are more confident at school and have the coping strategies to deal with peer issues. My child is happier and they are more content."

Email: info@snapcharity.org
Web: www.snapcharity.org

Tel: 01277 211 300

We Offer:
Family Support
Listening, Talking or Counselling
Training and Development
Victim Support

The Change Project

Our services

We offer counselling for couples, families, teens and children. Whether you are looking for help here and now, or long term, we have a service to match. We also address sexual problems through counselling and psychosexual therapy, covering all aspects of intimate relationships.

Additionally, we run a range of domestic violence prevention services for those living with conflict within their families. We address the behaviour of people who use abuse in any relationship and educate and support them to achieve a life free of abuse through positive change.

The Change Project is BACP Accredited.

Who can access our services?

Single, married, living together, same sex relationship, polyamorous relationship, divorced: whatever your situation, we are available to help.

How is the service delivered and accessed?

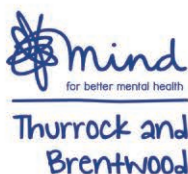
The services can be delivered face to face or where appropriate delivered remotely online.

"Before I started going to The Change Project, I was struggling with my anxiety and felt like I was not coping with anything in my life. My relationship had deteriorated, and I felt like I wasn't being a good Mum. Counselling helped me to talk about my feelings and emotions and gave me some coping techniques. Life no longer feels quite so overwhelming."

Email: tcp@thechangeportfolio.org

Web: www.thechange-project.org

Tel: 01245 258 680



We Offer:
Listening, Talking or Counselling
Support to Volunteer
Training and Development

Thurrock and Brentwood Mind

Your Local Mind in Brentwood

A registered charity with over 35 years' experience in providing information, advice and support on mental health, and continues to develop new services. We are here to make sure that everyone who experiences difficulties with their mental health receives the respect and support they need; at the time they need it.

Flexible Volunteering Opportunities

We recognise the value that local people can play in supporting people from their own community, and the benefits volunteering can have for both the volunteer and service user. We would love to hear from all members of the community, in particular people aged 18-25 years, and people from the Black, Asian, and Minority Ethnic Communities.

"I was unfortunately made redundant at the beginning of the pandemic. Volunteering improved my wellbeing, confidence, and sense of purpose, at a time I was feeling quite low. The skills and experience I gained even led me to an exciting change of career!"

So, if you have a passion for mental health, want to connect with the community, or simply gain valuable experience; why not give us a call or drop us a line to:

Shop 2, The Keys, Eagle Way, Warley CM13 3BP.

Email: reception@tbmind.org.uk
Web: www.tbmind.org.uk

Tel: 01277 503 219

**We Offer:
Activities for Well-Being
Support to Volunteer**

TrailNet

Come and join us at beautiful Thorndon Country Park and take part in a range of healthy outdoor activities for individuals, groups and families.

- Off-road bike rides
- Inclusive cycling
- Child and adult lessons
- Bike maintenance courses
- Geocaching
- Orienteering
- Trim Trail



We also have opportunities for volunteers to help adults and children with disabilities to access our selection of adapted trikes.

Email: info@trailnet.org.uk
Web: www.trailnet.org.uk

Tel: 07939 249 980



**We Offer:
Listening and Talking
Victim Support**

Victim Support

Have you been a victim of crime, or have you witnessed a crime? We are here to help and offer free and confidential support. We provide emotional and practical support to anyone affected by crime from aged 4 upwards.

Our aim is to support you to move beyond the crime and recover to the point you feel back on track with your life. Anyone affected by a crime can contact us, regardless of when the crime happened or whether they've reported it to the police. If you have been affected by crime please contact us at Essex Victim Support and talk to one of our team.



24-hour National helpline 0808 168 9111

Email: essex@victimsupport.org.uk
Web: www.victimsupport.org.uk

Tel: 0808 178 1694
Mon-Fri 8-5



We Offer:
Activities for Well-Being
Family Support
Listening, Talking or Counselling
Nutritional Help, Spirituality

Women Together

About the Service:

Women Together is the South Essex group of Essex Mind and Spirit, a voluntary organisation that raises awareness of spiritual care in mental health. Set up in 2011, they provide a range of activities with the aim to integrate vulnerable women from different backgrounds into the community, welcoming women who have English as an additional language.

They offer:

Coffee mornings; craft activities; keep fit classes; Talks and lectures on subjects such as: Special Educational Needs in Children; ADHD; OCD; Autism; Dyslexia; Stress; Dementia; Cultural Issues; Domestic Violence, Race Hate, FGM ; Bereavement Counselling, Homeopathy, and Healthy Eating.

Testimonial:

"Before I started attending Women Together, I was unemployed. My marriage had ended due to domestic violence and I was suffering from depression and lacked confidence as a result. Through one of the speakers who delivered a talk, I managed to get myself a job! This in turn gave me back my confidence and I felt I could offload my problems to the ladies in a safe environment. Women Together signposted me to Mind, where I also received counselling. I am now an altogether better person."

Email: womentogether.bas@gmail.com

Web: www.essexmindandspirit.co.uk/womentogether.html



We Offer: Counselling

YPCS Young People's Counselling Service

Young People's Counselling Service is a charitable organisation, established in 1982, that provides individual counselling to young people aged 11-18 years in Brentwood and surrounding areas.

We take any source of referral; self-referral, parent/carer, schools, GP and NHS Emotional Wellbeing and Mental Health Services (EWMHS).

Referrals can be made by telephone, email or YPCS website. We work with a wide range of presenting issues; anxiety, depression, bereavement, low self-esteem and lack of confidence, bullying, school and exam stress etc.

We signpost to other local services where appropriate; particularly when more specialised or higher level of intervention is required. We do not have set fees but, where possible, ask for a donation towards the initial assessment and ongoing counselling sessions.



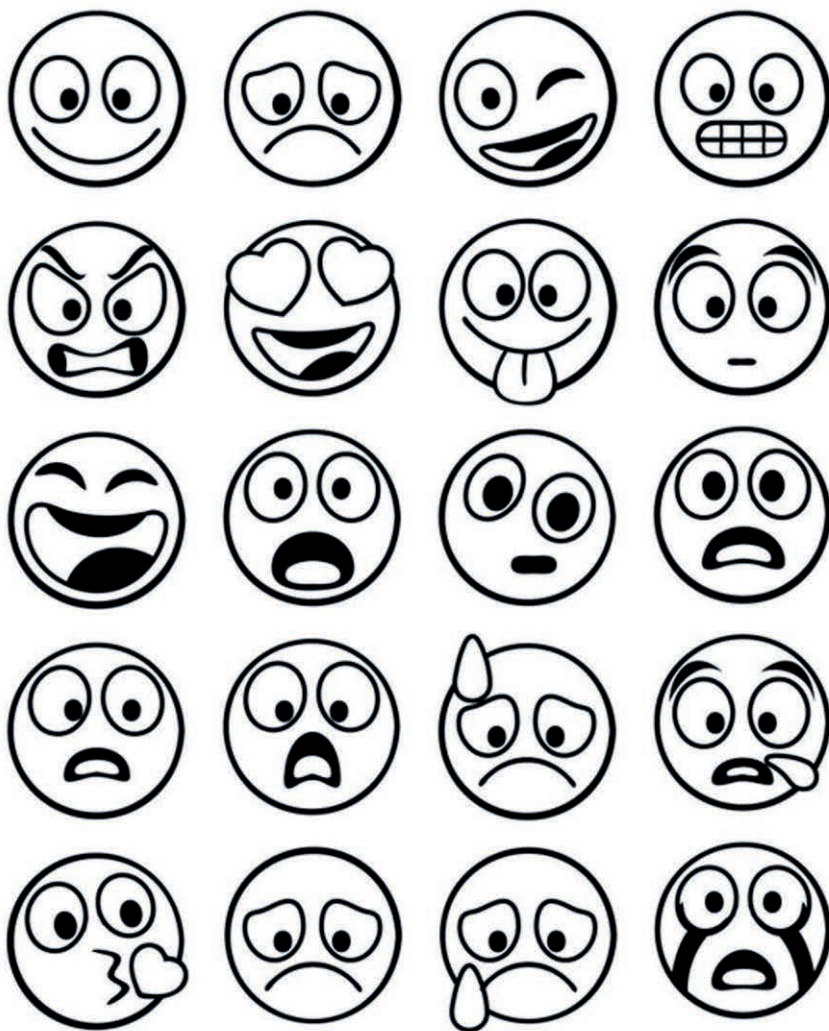
Email: office@ypcs.org.uk
Web: www.ypcs.org.uk

Tel: 01277 230 831



A PAGE TO COLOUR

Children's Section





WORD SEARCH

By Elizabeth Outen

Children's Section

AFRAID
ANGER
ANXIETY
BULLYING
CALM
CARE
CARING
COMFORT
CORONAVIRUS
COVID
DISAPPOINTMENT
FEAR
FRIEND
GLAD
GRIEF
HAPPY
HEALTH
HOPE
KIND
LAUGHTER
LONELY
LOVE
MIND
MOOD
PANIC
PEACE
RELAX
REST
SADNESS
STRESS
WORRY

These 32 words to do with feelings and well-being have been hidden in the grid. Your task is to find them all! The words might be backwards or forwards, up, down or diagonally, but always in a straight line.

Y	L	E	N	O	L	F	R	I	E	N	D
S	H	E	A	L	T	H	E	H	U	G	I
U	A	R	E	Y	F	S	S	E	R	T	S
R	P	D	O	R	E	E	T	L	E	D	A
I	P	E	N	C	A	S	I	P	T	A	P
V	Y	V	J	E	R	C	O	R	H	L	P
A	D	O	O	M	S	H	D	A	G	G	O
N	N	L	Y	D	A	S	N	N	U	N	I
O	I	X	I	P	A	N	I	C	A	I	N
R	K	V	I	F	N	Y	M	R	L	R	T
O	O	M	R	E	L	R	E	G	N	A	M
C	B	A	L	L	T	L	P	E	A	C	E
O	I	R	U	A	A	Y	R	R	O	W	N
D	E	B	E	X	C	O	M	F	O	R	T



WHERE TO GO FOR HELP

Children's Section

As a parent it is good to make a habit of talking to your child about emotions and mental well-being, so that it becomes normal and not awkward, but sometimes even parents find it difficult to talk to their child when they know something is troubling them.

Likewise, children may not want to talk to their parent about the problem or someone they know and can “bottle up” their feelings.

Thankfully, there are organisations to contact, and books to borrow or purchase that can help. (see also NHS pages)

Childline – comforts, advises, and protects children 24/7

Tel: 0800 1111

Web: www.childline.org.uk

KOOTH -from XenZone- supporting children and young people online via their online counselling and emotional well-being platform.

Tel: 0845 330 7090

Email: contact@xenzone.com

YoungMinds – Parent's Helpline

Open: Mon – Fri 9.30 a.m. – 4 p.m.

Tel: 0808 802 5544

Web: www.youngminds.org

SNAP Special Needs and Parents specialist library, plus recommended books that can be purchased. Subjects on mental health, include: Coronavirus; stress; anxiety; anger; disappointment; grief; fear and bullying.

Tel: 01277 211 300

Web: www.snapcharity.org

**DO YOU NEED HELP
DURING THE PANDEMIC?
ARE YOU SELF ISOLATING?**

Community Help Hubs

If you find yourself having to stay at home and need help with picking up shopping, a friendly phone call, posting mail or urgent supplies please contact a Community Help Hub in your area/village and they can help.

Community Help Hub Contact Details

Phone during office hours only

Brentwood Borough Council - Town Hall 01277 312 500

Email: communitysupport@brentwood.gov.uk

Brentwood Mutual Aid - 01277 424 953

Email: admin@brentwood-mutual-aid.org

Hutton

Hutton St Peters Church / Daily Bread Cafe

01277 262 864 or 01277 514 896

Email: office@huttonparish.com or lisa@huttonparish.com

Breakthru Church, Hutton, Hanging Hill Lane Foodbank
session only-voucher required.

Monday & Thursday 10am – 12 noon

West Horndon

West Horndon Parish Council 07756 962 034

Email: whpc.parishclerk@gmail.com

Herongate & Ingrave

St Nicholas Church 01277 811 543 or 07446 068 293

Email: kjm1954@btinternet.com

IF YOU WISH TO VOLUNTEER AT ONE OF THESE HUBS

Please visit: www.brentwoodcvs.org.uk

**NEED SUPPORT WITH YOUR
MENTAL WELL-BEING?**

HELP IS AT HAND!

www.essexcommunitytree.net



**This guide has been created by people
with lived experience of mental illness who are
former staff members and volunteers of
Brentwood Community Print.**

**This has been produced to maintain and improve the
mental well-being of the Brentwood community.**

**Should you have any questions about the content of the
booklet or would like to give feedback
please email: info@essexcommunitytree.net**

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