

Mental Health Services

East Riding of Yorkshire and Hull

IAPT East Riding

The East Riding Emotional Wellbeing Service works with adults over 16 who suffer from a range of mild to moderate mental health problems.

Clients can be referred through their GP, health visitor or other health and social care professionals via the Mental Health Response Service. You can self-refer to SPA by calling 01482 301701 (choose the option for non-urgent talking therapies), emailing hnf-tr.mentalhealthresponseservice@nhs.net. A GP referral offers an advantage to potential patients because GPs may be able to offer additional advice and support.

<http://humberews.co.uk/east-riding>

IESO

Cognitive Behavioural Therapy (CBT) is delivered one to one online. This is a free service in East Riding of Yorkshire. CBT is provided in real time over the internet using written (typed) conversations. You meet with an accredited Psychotherapist in a secure online therapy room, at a scheduled time and location that is convenient to you. Appointments are either 30 or 60 minutes long and you can attend them from anywhere you can connect to the internet. All that is required is a PC, tablet or smartphone.

www.iesohealth.com/eastriding

Insight Healthcare

Mental Health Charity, for anyone who requires help with mental health.

0300 555 0250

www.insighthealthcare.org

Papyrus -Prevention of Young Suicide

Hope Line UK is a confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide and for anyone worried about a young person. Papyrus also helps others to prevent young suicide through training and campaigns to change national policy.

0800 068 4141

www.papyrus-uk.org

Hornsea - Turnaround Mental Health Project

The Turnaround Centre offers a whole range of services to those with mental health problems. They have exercise classes, arts and crafts, educational activities, life skills training, trips out and more.

Willow Garth Care Village
Hornsea
HU18 1XP

01964 534651

Working for Health

Working for Health CIC is a specialist provider of employment support for people with mental health conditions. That means we understand the challenges faced in finding work, training or voluntary work that suits the individual. We believe that everyone has skills and talents and that everyone can work if the work is right for them. We work on a one to one basis to explore options, any fears and hopes then provide support to help get there.

University of Hull
Enterprise Centre
Hull
HU4 7RX

01482 464 921

www.workingforhealth.co.uk

MIND – Hull and East Yorkshire

We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Wellington House
108 Beverley Road
Hull
HU3 1YA

01482 240200

<http://heywind.org.uk/>

Let's Talk – Psychological Wellbeing Services - Hull

We can help with depression, low mood, worry, anxiety & panic.

Our trained and qualified staff, in discussion with you, will decide which treatment will work best for you and your problems. You'll find we're sympathetic, understanding, positive and practical. We work with all kinds of people from all walks of life and we have the experience to help you. We have various appointments across the city.

01482 335627

Text TALK to 61825

pws-letstalk.hull@nhs.net

www.letstalkhull.org.uk

North and North East Lincolnshire

IAPT North East Lincolnshire (NAVIGO)

Open Minds offers care and support to the 2 in 5 people aged 16 and above who are experiencing common mental health problems such as stress, anxiety and depression. We encourage self-referral, offer quick access and support to maintain positive mental health and wellbeing through a range of therapies and activities chosen by you.

Open Minds encourages self-referral which means to make an appointment you can simply call the team or walk into our Grimsby or Cleethorpes branch. If you would prefer you can also ask your GP or health professional to refer you.

Call: 01472 625100

NAV.OpenMinds@nhs.net

www.navigocare.co.uk

IAPT North Lincolnshire (The Talking Shop)

We provide help and support for people in Rotherham, Doncaster and North Lincolnshire who are experiencing:

The Talking Shop
19 Market Hill
Scunthorpe
DN15 6SS

01724 867297

www.talkingsense.org/contact-us/