

## Colchester Mind's Support Time and Recovery Service

The Support Time and Recovery (STaR) Service is delivered by Colchester Mind in partnership with Hertfordshire Partnership University NHS Foundation Trust, via the Health in Mind service.

Colchester Mind supplies the STaR workers who provide people with information and, if necessary, support to access help with social isolation and loneliness, debt problems, budgeting, housing and Agoraphobia. In addition, they can provide help and support in relation to employment, job seeking, preparation for employment and how to retain a current position.

Referrals to the service can be made by the individual directly to the service or by healthcare professionals and other agencies including the Job Centre.

Colchester Mind is the leading mental health voluntary organisation for Colchester and the surrounding area. Founded in 1985, it is affiliated to the national charity Mind. They have an annual turnover of around £1.2million with most of their funding coming from local statutory sources. They currently employ about 45 staff, including staff seconded from the North Essex Mental Health Partnership NHS Trust and have a number of volunteers working on the various different projects. For further information on Colchester Mind visit [www.colchestermind.org](http://www.colchestermind.org).

Health in Mind is run by Hertfordshire Partnership University NHS Foundation Trust in partnership with Colchester Mind. Together they use their expertise to offer a wide range of talking treatments to help people with a variety of different mental health problems. For further information visit [www.healthinmind.org.uk](http://www.healthinmind.org.uk).