

Norfolk Mind's Wellbeing Service

Norfolk Wellbeing Service is a partnership between Norfolk and Suffolk NHS Foundation Trust, West Norfolk Mind, Norwich and Central Norfolk Mind and Relate.

The service provides a range of psychological interventions to help and support people with common mental health problems including low mood, stress, post traumatic stress disorder, and a range of anxiety disorders.

The service is free and open to anyone aged 16 or over living in Suffolk, Norfolk or Great Yarmouth and Waveney. People are able to self-refer online at www.readytochange.org.uk, by telephone on 0300 123 1503 or they can be referred through their GP.

The service aims to allow quicker and easier access to support people in making changes to improve their wellbeing through a range of means including:

- Telephone based treatments;
- Psychological educational workshops;
- Online cognitive behavioural therapy;
- Individual one-to-one appointments; and
- Therapeutic groups.

People can also complete the Mental Health First Aid (MHFA) course, an accredited training course delivered by Mind, which gives people the skills, knowledge and understanding to help and support themselves and others experiencing a mental health problem. The course is delivered locally by nationally accredited trainers over two days and is a mix of presentations, activities and discussion.

On completion of the MHFA course participants can become an Associate and share and use the skills they have learnt to signpost people to the right local resources

and help them reduce the stigma around mental health and raise awareness in the community.

Norfolk and Suffolk NHS Foundation Trust provide mental health, substance misuse and learning disability services across Norfolk and Suffolk. For further information on Norfolk and Suffolk NHS Foundation Trust visit www.nsfth.nhs.uk.

West Norfolk Mind is a specialist mental health charity providing local services to support people, their families, their carers and their employers. It is part of Mind, and one of over 150 local Mind associations around the country which make up the national charity. For further information on West Norfolk Mind visit www.westnorfolkmind.org.uk.

Norwich and Central Norfolk Mind is a innovative and experienced provider of mental health services in Norwich and Central Norfolk. Each year it provide over 40,000 sessions of support to more than 2,500 individuals from a diverse range of backgrounds. It is part of Mind, and one of over 150 local Mind associations around the country which make up the national charity. For further information on Norwich and Central Norfolk Mind visit www.norwichmind.org.uk.

Relate is the UK's largest provider of relationship support, every year helping over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships. For further information on Relate visit www.relate.org.uk.