



WELL-MIND SUPPORT HUB

Creating Energy & Supporting Change in Minds

Did you know that it is estimated 1 in 4 people will experience a mental health problem at some time in their lives?

The Hub aims to put prevention and early intervention at the heart of mental health and well-being by

***“Having the right service
in the right place
at the right time
delivered by the right person”***



Promoting Hope, Opportunity
and Personal Control



Emergency Numbers

Lifeline is a Crisis Response Helpline for people who are experiencing distress or despair, 24 hours a day, 7 days a week.

Call Lifeline on: 0808 808 8000

Textphone for hard of hearing
18001 0808 808 8000

Samaritans 116 123

**Southern Area out of hours GP
028 3839 9201**

Get Online

There are a number of good self-help websites that can offer information

www.mindingyourhead.info

www.lltff.com

www.thementalhealthforum.co.uk

Or use your smartphone below



Southern Health
and Social Care Trust

TALKING THERAPIES WELL - MIND SUPPORT HUB



Creating Energy
& Supporting Change
In Minds

**Information for
Users/Carers**

Email: wellmind.hub@southerntrust.hscni.net

What is the Hub?

A service that will work with people over the age of 18 offering advice/support on a range of issues that can impact on mental health and wellbeing

Who is involved?

The HUB is made up of a range of Services and Organisations who work together with you to provide a service that best suits your needs



How do I access the HUB?

Ask your GP for details or contact the HUB on the number below if you want to find out more information

Tel No: 028 37517170

What can I expect when I am referred to the HUB?

A member of the team will speak to you and together with you will work out a plan that will help you manage your health condition. This may include:

- Support with mental health problems, for example, stress, anxiety and depression
- Support to develop strategies for self care
- Support in accessing computer based therapy
- Access to other services to meet your individual needs. Referrals to other services will only proceed with your agreement.

What Happens in the HUB?

- Counselling;
- Cognitive behavioural therapy;
- Group therapy;
- Facilitated self-help;
- Life coaching;
- Support to maintain employment
- Signposting to other support services; and support to get linked back into your communities and social activities.

PREVENTION

EARLY INTERVENTION AND SUPPORT

EDUCATION

