Local mental health charities develop partnership to improve available support across Hampshire

Monday 5 September, 2022

In Hampshire, 50% of people experience psychological, emotional or mental health difficulties that significantly affect their day-to-day functioning. Rates of hospital admissions for self-harm in Hampshire and the Isle of Wight are more than 1.5 times the national average and the pandemic has had a significant negative impact on everyone's mental health (UK Mental Health Dashboard, 2022)

In response, Andover Mind, Havant and East Hants Mind and Solent Mind are pleased to announce that they have been awarded the contract by Hampshire County Council and the Hampshire and Isle of Wight Integrated Care Board to provide mental health and wellbeing services across Hampshire. By working in partnership together and with the local GP surgeries, more people will be able to access specialist services, and local wellbeing centres will continue to support their communities. Providing further positive experiences and sustainable support hubs/ centres, such as the experiences mentioned by Shane;

“I’ve been going to my local mind for some years now at Marcella House. Always been somewhere to go to and get advice when I'm feeling low or unable to cope. The staff and fellow service users make me feel better when I am there and although I feel bad when I have to leave and face the real world, I know they'll be there next time.”

Within the three charities, there are valuable specialist skills and support services that have previously only been available to those within the charities operating areas. By working together, this specialist expertise can be shared, and support made available across the region.

Our wellbeing services offer recovery-focused mental health support that aims to provide clients with the tools and resources necessary to manage their own mental wellbeing. Through 1:1 support and wellbeing related workshops, we can help them identify their needs and move towards their goals.

Accessing these services can be done both through self-referrals and referrals from professionals. After we receive your referral, we will contact you to book an assessment with one of our Wellbeing Practitioners.

Daniel, a service user said “Mind has been a massive support through troubling times for me. Emotionally, practically and on many other levels. They have a fantastic range of resources to offer. I feel heard and they have given me the tools to get through each day and have hope for the future. The service is life-saving and vital. So many doors have been closed to me in the past through lack of understanding of my mental health condition, but at Mind I am supported, and I know I have somewhere and someone to turn to, which has benefitted mine and my family’s lives.”

The Hampshire wellbeing contract will also allow the continuation and expansion of several wellbeing services across the region including peer support and Primary Care.

“We are delighted to be a part of the partnership of Hampshire Minds that has been awarded the contract for mental health and well-being services for the communities of Hampshire. This will mean that all people, be they in the north, south, east, or west of the County will have even better access to the caring and compassionate support we, alongside Havant & East Hants and Solent Minds, have been privileged to provide over more than 30 years”. Anne Phillips, Richard Watts and John Wilderspin, Directors of Hampshire Mind CIC

As part of the collaborative partnership, new roles will be created including Primary Care Wellbeing Adviser vacancies. These roles will enable the growth in service delivery and support various health and wellbeing outcomes. These new roles will be advertised throughout September and October.

To find out more about your local Mind and the mental health services on offer, visit our websites: andovermind.org.uk, easthantsmind.org or solentmind.org.uk. If you are outside of Hampshire, you can visit mind.org.uk/information-support/local-minds to find your local Mind in England or Wales.

Statistics: UK Mental Health Dashboard, 2022 - https://mentalhealth.surgoventures.org/uk

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About Local Minds in Hampshire

- Andover Mind offers wellbeing services in Andover, Basingstoke, Farnborough, and Aldershot
- Havant and East Hants Mind offers wellbeing services in Havant, Waterlooville, Cosham, Hayling Island and East Hampshire
- Solent Mind offers wellbeing services in Gosport, Fareham, Eastleigh, Winchester, the New Forest, Southampton, and Portsmouth

Each charity offers a range of mental health and wellbeing services in the community including crisis support and safe havens. Visit their websites to find out more:

- Andover Mind – andovermind.org.uk
- Havant and East Hants Mind – easthantsmind.org
- Solent Mind – solentmind.org.uk

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