

Health Resource sheet

Mental Health

Cornwall Mental Health

<http://www.cornwallmentalhealth.com>

A one stop shop for all mental health services in Cornwall, for public and professionals alike. Below are some of the main support services but you can use this directory for a fuller list.

Outlook Southwest

<http://www.outlooksw.co.uk>

Outlook South West provides psychological treatment for NHS patients with psychological difficulties, either through self-referral or by referral from GPs and other health professionals. Suicide Liaison Service - This is a specialist service run by Outlook South West, which is developed to support people who have been bereaved by suicide.

BEME

<http://www.cornwallft.nhs.uk/services/community-mental-health-services/beme-talking-therapies/>

Be Me is a service for people with emotional or psychological difficulties who want a talking treatment. We are part of the NHS in Cornwall and offer free and confidential courses and therapy throughout the county.

Penta

<http://www.pentahealthandwellbeing.com/>

Support adults experiencing poor mental health to engage in social, recreation and physical activities. We also recruit individuals (18+) wanting to volunteer and support adults with our activities and have an interest in the voluntary sector and/or mental health and wellbeing. We advertise on the do-it.org website

Cornwall Foundation Trust

<http://www.cornwallfoundationtrust.nhs.uk/CFT/index.asp>

The Trust provides mental health, learning disabilities, drug and alcohol and eating disorder services to adults and children.

The Health and Well Being Service

<http://www.cornwallrcc.org.uk/health-wellbeing/>

The Health and Wellbeing Service is commissioned by NHS Kernow to be the voice of people with emotional and mental health issues in Cornwall. They aim to help mental health service users to have a say about their care, treatment and quality of life when receiving services through a number of initiatives. They also offer signposting, listening, and information on all issues around mental health services in Cornwall, including information on self-help groups.

Pentreath

www.pentreath.co.uk

Pentreath promotes good mental health through personal development, education and employment. They can also provide support to gain and retain employment to those living with or recovering from mental ill health.

Philippi Trust

<http://www.philippicornwall.co.uk/>

A team of professionally trained counsellors offering confidential individual and relationship counselling across Cornwall. The Philippi Trust is a Christian organisation, which welcomes people of any religious beliefs or none. Fees are based on the individual's capacity to pay.

General Health

Access to Work

<https://www.gov.uk/access-to-work/overview>

An Access to Work grant can pay for if you have a disability, health or mental health condition to help you, start working, stay in work, move into self-employment or start a business. The money doesn't have to be paid back and will not affect your other benefits.

HIPPO



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Free course available for people experiencing mild to moderate mental ill health.

Cornwall Healthy Weight

www.cornwallhealthyweight.org.uk

Providing a package of support to individuals and groups with the aim of improving the wellbeing by actively supporting increased physical activity, healthy eating and effect weight management for all ages.

Disability Cornwall

<http://www.disabilitycornwall.org.uk/>

A user led, disabled people's organisation, providing a range of services to empower, assist and facilitate independent living and when necessary, act as a representative voice for disabled people, their families and carers.

TrekWest

<http://www.disabilitycornwall.org.uk/ias/trek-west>

A service for anyone living in West Cornwall with health issues who want to move toward any of paid work, voluntary work, training or education –a first set of steps from where they are to somewhere else they would like to be.

Healthy Gay Cornwall

<http://www.healthygaycornwall.org.uk/>

Healthy Gay Cornwall aims to provide quality information and support around key issues such as sexual health, HIV, sexuality, general well-being and alcohol & substance misuse.

Enable in Cornwall Ltd

<http://www.enableincornwall.co.uk>

Enable help adults with disabilities to become more independent by providing an individualised information, advice, guidance & support service. Enable work with adults who live in the Mid, North or East of the County.

The Expert Patient Programme

<http://www.nhs.uk/NHSEngland/AboutNHSservices/doctors/Pages/expert-patients-programme.aspx>

A self-management programme for people who are living with a chronic (long-term) condition.

Get Active Cornwall – Inc. The Promoting Health Information Line

<http://www.getactivecornwall.co.uk/healthy-living/>

Get Active and The Promoting Health Information Line (PHIL) aims to provide free healthy lifestyle advice and support to members of the public and professionals.

Cornwall Sports Partnership

<http://www.cornwallsportpartnership.co.uk/>

The Cornwall Sports Partnership is an affiliation of organisations that have joined forces to make sport and physical activity a part of everyday life in Cornwall.

Health Promotion Service CIOS

<https://www.healthpromcornwall.org/information-services/>

A specialist Health Promotion Information & Resource Centre for anyone interested in health improvement within Cornwall and the Isles of Scilly.

NHS Low Income Scheme

<http://www.nhs.uk/NHSEngland/Healthcosts/Pages/nhs-low-income-scheme.aspx>

NHS Prescriptions, dental costs, eye care costs, healthcare travel costs, wigs and fabric supports.

SEAP Advocacy

<http://www.seap.org.uk/>

seAp is an independent charity that provides free independent and confidential advocacy services.

C-APP

<http://www.c-app.org.uk/>

Two web-apps, one for ESA and one for PIP, that offer guidance, advice and support on most aspects of the application process. You can even try the sort of questions you may be asked by an assessor.

Carers Support

Cornwall Council Carers Assessment

<http://www.cornwall.gov.uk/health-and-social-care/carers/carers-for-adults/carers-assessment/>

If you're an unpaid carer, you can have a carer's assessment, which looks at the support you need to look after someone else. A carer's assessment can help you access things that let you continue as a carer, including:

- Services like a carer's personal budget
- Taking a short break from caring
- Equipment, meals or adaptations to the home of the person you care for
- Help to remain in work or return to work if you want to
- Education, training and leisure activities
- Specialist advice about things like benefits

Cornwall Carers Service

<http://www.cornwallcarers.org.uk/>

If you are a carer, Cornwall Carers' Service is here for you. All our services are free, and we will make sure you get the right help, advice and support to make caring a little easier.

Carers UK

<http://www.carersuk.org/help-and-advice/get-support/carersuk-forum>

You can talk about real issues with people who understand and who can support you through everything caring has to throw at you.

Alzheimers Society - Cornwall

https://www.alzheimers.org.uk/site/custom_scripts/branch.php?branch=true&branchCode=14528

Find out about the information and support services we offer for people worried about or affected by dementia.

Kernow Young Carers

<http://kernowyoungcarers.org>

Kernow Young Carers aim to make the caring role a more positive experience for the children and young people involved by offering advice, guidance and a range of other services.

Cornwall Council – Services People with Sight or Hearing Loss

<http://www.cornwall.gov.uk/health-and-social-care/physical-disabilities/services-for-people-with-sight-or-hearing-loss/>

We provide advice, information and aids for people who have serious difficulties with their sight or hearing and for their carers.

NHS Guide – Breaks and Respite

<http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/breaks-for-carers-respite-care.aspx>

Carers Funding

<http://www.disability-grants.org/grants-for-families-general.html>

Carefree Cornwall

<http://www.carefreecornwall.org.uk/>

We work with young people in and leaving care between 11 & 25 years old and sometimes with young people on the edge of care.

We have not sought to capture everything but if you feel we have missed something vital please email emoseley1@cornwall.gov.uk with the details.