

Dear Parents, Carers, Friends and Community,

We are writing to keep you up-to-date with developments relating to mental health in Gloucestershire in light of the current COVID-19 crisis.

Public Mental Health:

We are working with colleagues from Public Health and other commissioners at the CCG to develop a plan to enable people to be able to access advice and support relating to maintaining positive mental health during COVID-19.

Community Wellbeing Service:

The Community Wellbeing Service offers 1-1 support for individuals, aged 16 or over, to help overcome any non-medical concerns that may be impacting on their ability to manage their own health and wellbeing or long term conditions. This includes worries about finance, housing, relationships and social isolation & loneliness.

The Community Wellbeing Service providers work across the county and are maintaining 1-1 contact over the telephone and through digital platforms during the lockdown phase COVID-19, and will introduce face-to-face as restrictions lift.

[Your Circle](#) contains referral details for the Community Wellbeing Service in each Gloucestershire locality.

Artlift – Arts on Prescription:



[Artlift](#) offers supported arts based programmes for people with mental health needs but who do not need a clinical art psychotherapy intervention. Artlift is offering telephone support to participants and are re- designing programme content to be delivered remotely, either via digital platforms or doorstep art in a box materials. You can contact them here: referrals@artlift.org

Gloucestershire Health and Care Foundation Trust:



Gloucestershire Health and Care NHS Foundation Trust has reviewed all of its mental health and learning disability services, to identify the most essential (priority 1 or P1) and those important but less essential (priority 2 or P2).

They have produced diagrams detailing their P1 and P2 services and what will change – both to ensure continuity of service where it is most required and to reduce the spread of the Covid-19 virus. This includes scaling some services back, providing telephone triage and telephone / web based advice and treatment, pausing some services, closing some to new referrals and freezing some waiting lists.

The Trust has stressed that P1 services, which include inpatient services, crisis support and mental health liaison will continue largely in their present format with some minor changes to service delivery. Following national guidance, Let's Talk will also continue to provide a full offer of assessment and treatment, again using non face-to-face approaches.

Child and adolescent mental health services will be operating from a combined team so that services can support those children and families most in need. Again, services will be provided via the telephone or digitally wherever possible and urgent clinical work will be prioritised.

Voluntary and Community (Services for adults)

Alexandra Wellbeing House (Swindon and Gloucestershire MIND in partnership with Gloucestershire Health and Care NHS Foundation Trust):



The Alexandra Wellbeing House is offering Telephone

Wellbeing Support to all previous Gloucestershire guests during the COVID-19 outbreak period. They are also accepting new referrals from NHS Teams and Third Sector Organisations offering telephone wellbeing support. For more information, contact alexwellbeing@sgmind.org.uk or ieuanedwards@sgmind.org.uk .

Employment Support via Forwards and GEM:



Referrals can be made to forwards@gloucestershire.gov.uk but all contact will be via telephone. Forwards are currently providing telephone support to all current and ex-customers and providing information on community support and help with accessing benefits. GEM will continue to provide telephone support for all existing participants.

Mental Health Experience Led Opportunities (MHELO):



MHELO is an independent support network running across Gloucestershire for people who have (or have had) mental health difficulties of any kind or duration. MHELO are continuing to make contact with individuals by phone that have accessed face-to-face support previously.

<https://www.facebook.com/mhelogloucestershire> / 01452
234003

mhelo@inclusion-glos.org

The Cavern, Kingfisher Treasure Seekers:



The Cavern café is closed until further notice. Support and advice is still available via 01452 307201 every day

from 6pm to 11pm or a live chat is available on the website.

www.kftseekers.org.uk / 01452 307201

info@kftseekers.org.uk

Gloucestershire Self Harm Helpline:



Gloucestershire Self Harm Helpline provides a safe, supportive, non-judgemental and informative space for people who self harm, their friends, families and carers. Contact by telephone, text or webchat every day from 5pm to 10pm. No referral is required.

There is no currently no disruption to the helpline and text service:

www.gloucestershireselfharm.org / 0808 801 0606

Text: 07537 410 022 / glosselfharm@rethink.org

Independence Trust (Countywide support for Adults with Mental Health Problems and Autistic Spectrum Conditions):



The Independence Trust is continuing to offer a 1-1 phone support system and accepting new referrals. However, they have suspended all face-face engagement and are looking to join forces with other providers to offer a consistent service. Key workers & our peer team will keep in touch with people by phone, text or email – More information can be found here. <https://www.independencetrust.co.uk/news/item/coronavirus-0>

www.independencetrust.co.uk / 0345 8638323

info@independencetrust.co.uk

Inclusion Gloucestershire:



Offering telephone support and social media presence which includes communications from MHELO (Mental Health Experience Led Opportunities), part of Inclusion Gloucestershire.

Staff working remotely and face to face services are not currently taking place.

www.inclusiongloucestershire.co.uk / 01452 234003

info@inclusion-glos.org

National Autistic Society (NAS):



At national level, NAS offers a wide range of information, advice and guidance for autistic people and those supporting them.

www.autism.org.uk

Advocacy (POhWER):



POhWER continue to provide advocacy services where our access is restricted or prevented. Continuing to support clients using remote rights based model and alternative working models. POhWER remain committed to ensuring services are operational and are able to meet the needs of as many vulnerable clients.

www.pohwer.net / 0300 456 2370

pohwer@pohwer.net

Skype: pohwer.advocacy

Carers Hub:



Most communication channels remains open, all face-to-face services are suspended until further notice. The Hub is still available to offer support during normal opening hours (9am to 5pm Monday to Friday, this may be subject to change)

www.gloucestershirecarershub.co.uk / 0300 111 9000
carers@peopleplus.co.uk

www.glosyoungcarers.org.uk / 01452 733060

We hope you have found this helpful. Keep safe and well in these strangest of times.