

NHS Provided Services

Non Urgent Care contact your GP, Oakley Health Group and ask for Mental Health Integrated Community Support (MHICS) via **Anime** or tel 01252 878992

Directory of Services for Mental Health
<https://www.nhs.uk/mental-health/>

Surrey and Borders Partnership NHS Foundation Trust (SABP)

Mental healthcare for Hart and Rushmoor
www.sabp.nhs.uk

Recovery College - SABP NHS

Health education for those interested in Mental ill Health. Free to individuals, their family and carers Courses provide information and living skills. Self referral.
Tel: 01276 454 150,

Email: recovery.college@sabp.nhs.uk

www.sabp.nhs.uk/Our-Services/Mental-Health/Recovery-College

TalkPlus NHS talking therapies for stress, anxiety and depression.

Tel: 01252 533355

The Meads Business Centre, 19, Kingsmead, Farnborough, GU14 7SR.

www.talkplus.org.uk

Inclusion Recovery Hampshire (NHS) Wide range of support for individuals and family. Including addiction services.

Aldershot Hub 3-4, Alexandra Terrace,
Aldershot. GU11 3HU tel 0300 124 0103
www.InclusionHants.org

Hampshire Council Services

www.hants.gov.uk

Mental Wellbeing Hampshire

<https://www.hants.gov.uk/SocialCareAndHealth/PublicHealth/MentalWellbeingHampshire>

Futures in Mind Parental support for families with children with mental ill health or learning disabilities www.hpcn.org.uk/future-in-mind/

Inclusion Education (11-25year olds) Support in education and work.
www.inclusioneducation.org.uk

Inclusion Hampshire EB8 (18–25-year-olds) support for those with a EB8 in education or transitioning to work
www.inclusioncollege.org.uk

Project Iris (11-25year olds) suicidal thoughts and self-harm support.

Projectiris@inclusioneducation.org.uk



Yateley and District Lions Club Guide to Adult Mental Health Services in and around Yateley

**In a life-threatening emergency
dial 999 or 111 then press 2**

SAFE HAVEN – Walk in crisis service only
Walpole House, Pickford Street, Aldershot
GU11 1TZ
Open 365 days a year. 6pm – 11pm
Virtual Safe Haven & Crisis Support
<https://nhs.vc/sabp/safe-haven-aldershot>
This virtual service is available during the usual opening hours.

Local NHS-SABP Crisis Service

0800 915 4644

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Hart Council Services

Here for Hart Directory

Comprehensive resource for finding out about all the social and community resources in Hart area.

www.hart.gov.uk/community/here-hart/here-hart-directory

Wellbeing Centre

Support for those with Mental Illness.

39 High Street, Aldershot, GU11 1BH
2nd floor tel 01252 317481

wellbeinghartandrushmoor@andovermind.org.uk

Hart Voluntary Action Counselling

Youth & Adult including Walk and Talk.

<https://www.HartVolAction.org.uk/counselling/>

Hart Healthy Walks

www.HartVolAction.org.uk/community-services/hart-health-walks/

Hart Community Garden

www.HartVolAction.org.uk/community-services/HartsCommunityGarden

Yateley Based Organisations

Yateley Mental Health Matters

Peer support group

E-mail: yateleyhealthmatters@gmail.com

Cornerstone Counselling

Non denominational with negotiated fees

E-mail: enquiries@cornerstone-yateley.org.uk

Yateley Autism Support for Parents and Carers, Facebook group

Hampshire Home Library Service

Yateley Library or

www.hants.gov.uk/librariesandarchives/library/services/access-for-all/homelibraryservice

Other Organisations

Broadhurst Ltd (Farnborough)

Support services for those with serious mental health issues. Including The Vine Centre drug and alcohol service with dual diagnosis support possible.

www.BroadhurstLtd.co.uk

www.TheVineCentre.org.uk

Cruse Bereavement Care (Bracknell)

tel: 01344 411919

Waythrough (Farnborough)

Wide range of support services for those with serious mental health issues.

www.waythrough.org.uk

Rape and Sexual Abuse Support Centre (Guildford) Counselling services.

www.rasasc.org

Emerge Advocacy For young people after attending A&E due to self harm, suicide or emotional crisis.

www.emergeadvocacy.com

SANDS (Farnborough)

Support for anyone affected by still birth or the death of a baby.

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

Bipolar UK (Farnham Support Group)

www.BipolarUK.org/Farnham-Support-Group

Helen Arkell Dyslexia Charity

Dyslexia support

helenarkell.org.uk/what-we-do/adult-coaching/

Stepping Stones DS

Birth to 25 years Downs Syndrome Support

www.steppingstonesds.co.uk