



Wellbeing services and additional support

What is a wellbeing service?

A wellbeing service offers the following types of support:

- 1:1 sessions with well-being coaches
- Peer support
- Group activities
- Courses teaching recovery-focused skills

There are also a number of additional services which offer:

- Crisis drop in service
- Employment support
- Workshops
- Training opportunities

Wellbeing services in East Hampshire

Includes Portsmouth, Fratton, Southsea, Fareham, Gosport, Havant, Petersfield and surrounding areas.

- Remind Dementia Support Team:

What they offer: Remind offers a range of activity groups, drop-ins and home visits for people living within the GP registered PO1/PO6 area

Contact details: <https://www.solentmind.org.uk/our-services/remind-dementia-support-in-portsmouth/>
Telephone: 033 0332 4030 (**standard local rate**)
Email: Remind@solentmind.org.uk (secure email)

- Solent Recovery College:

What they offer: Useful courses including 'Living with Depression' or 'Understanding Personality Disorder' and tailored courses for ex-service personnel living within the GP registered PO1/PO6 area

Contact details:
<https://www.solentmind.org.uk/our-services/portsmouth-support-and-recovery-service/>



- Primary & Secondary Employment Teams

What they offer: Regular 1:1 support, advice and guidance and help to cope with the world of work for people within the GP registered PO1/PO6 area

Contact details: <https://www.solentmind.org.uk/wp-content/uploads/Portsmouth-Employment-Support-Service.pdf>

Telephone: 07738 885 839

Email: Portsmouthemployment@solentmind.org.uk

- Positive Minds

What they offer: Support work in the community with the expertise of those with lived experience, to help you achieve goals and solutions for living well. For people within the GP registered PO1/PO6 area

Build your confidence and reduce stress or anxiety through our range of practical life skills groups, create a goal plan with a Wellbeing Advisor

Contact details:

<https://www.positivemindsportsmouth.org.uk>

Telephone: 023 924 795

- Fareham and Gosport Wellbeing Service

What they offer: Support and access to a huge range of courses, workshops and support sessions to support your mental health

Contact details:

<https://www.solentmind.org.uk/wp-content/uploads/Fareham-and-Gosport-Wellbeing-Service-Infomation-Pack.pdf>

Telephone: 01329 281 445

Email: adminfg@solentmind.org.uk



- Havant and East Hants Mind

What they offer: Wellbeing services for young people and adults in Havant, Petersfield and surrounding areas

Contact details:

<https://www.easthantsmind.org/>

Telephone: 02392 498 916

Email: wellbeing@easthantsmind.org

- Portsmouth Wellbeing Service

What they offer: Supports Portsmouth residents to quit smoking, drink less alcohol and achieve a healthy weight through eating well and moving more

Telephone: 023 9229 4001

Email: wellbeing@portsmouthcc.gov.uk

- Safe Haven

What they offer: Drop in centre based in Leigh Park, the service offers support for those in a time of crisis. You can develop coping strategies and knowledge and understanding of other long term support.

Website: <https://www.easthantsmind.org/adults-safe-haven/>

Wellbeing services in West Hampshire

Includes Eastleigh, Winchester and surrounding areas.

- Eastleigh Wellbeing Service /Winchester wellbeing centre (Hampshire wellbeing)

What they offer: For people with a GP registered in Eastleigh and Winchester area.

They also offer support for young people aged 16 and 17 years old if they are receiving support from Children and Adolescents Mental Health Service (CAMHS). Courses teach recovery-focused skills for people with mild-to-moderate mental health concerns – mainly anxiety, depression, poor self-esteem, emotional dysregulation

Email: eastleighwellbeing@solentmind.org

Telephone: 023 8061 1458

Email: winchesterwellbeing@solentmind.org.uk

Tel: 01962 859012



- West Hampshire Housing & Support Service

What they offer: Supported housing and community-based support to adults living with mental health issues in the West Hampshire area

Contact details: <https://www.together-uk.org/projects/west-hampshire-housing-support-service/>

Wellbeing Services in North Hampshire

Includes Andover, Basingstoke, Romsey and Aldershot and surrounding areas.

What they offer: The services detailed below provide access to group activities (both social and therapeutic), 1-1 sessions with well-being coaches as well as peer support. All the Test Valley wellbeing information can be found on the Andover mind page below:

- Andover Wellbeing Centre

Contact details: <https://www.andovermind.org.uk/>
Telephone: 01264 332 297
Email: mind@andovermind.org.uk

- Romsey Wellbeing Centre

Contact details:

<https://www.andovermind.org.uk/well-being/>

Telephone: 07827 317 468

Email: well-beingromsey@andovermind.org.uk

- Basingstoke Wellbeing Centre

Contact details:

Email: well-beingbasingstoke@andovermind.org.uk

- Farnborough Wellbeing Centre

Contact details:

Email:

wellbeinghartandrushmoor@andovermind.org.uk

- Ugly Duckling Repair Café

What they offer: Providing work experience, social networks, and occupation and training opportunities to disadvantaged people who are involved with the upcycling work

Contact details:

<https://www.andovermind.org.uk/ugly-duckling/>



- Safe Haven

What they offer: Mental health crisis service, our Safe Haven drop-in centre in Aldershot provides out of hours help and support to people and their carers

Contact details:

<https://www.andovermind.org.uk/safehaven/>

- Repair Café

What they offer: Free, community-centred workshops where people can bring along their items that need fixing, and then work alongside skilled volunteers to repair them

Contact details: <https://www.andovermind.org.uk>

Wellbeing Services in Southampton

- Mayfield Nurseries

What they offer: Provides a place for people with mental health issues and learning disabilities to develop new skills and be part of a supportive, friendly community

Contact details:

<https://www.mayfieldnurseries.org.uk/>

Telephone: 02380 447 743

Email: enquiries@mayfieldnurseries.org.uk

- The Lighthouse

What they offer: Out-of-hours mental health drop-in for anyone over the age of 18 who requires short-term support in times of great difficulty or is struggling with poor mental health

Contact details:

<https://www.solentmind.org.uk/our-services/the-lighthouse/>

Address: 147 Shirley Road, Options wellbeing, The Annexe, Southampton, SO15 3FH

