

Drop In One to One Mental Health Support

If you are in emotional distress, struggling to cope or need somebody to talk to there is always a trained member of staff on duty during our opening hours to offer one to one support.

This service is available on a 'drop-in' basis at **Court Street Medical Practice, Madeley** on the following days:

Monday, Tuesday and Thursday

10.00 am – 2.30 pm

No appointment is required.

Helping Hands out of Hardship

Telford Mind are working in partnership with Citizens Advice Telford, Stay and Telford Crisis Support to provide support for people who are experiencing financial hardship and are unable to deal with these due to a vulnerability.

For further information or support please call in to Court Street Medical Practice during our regular opening hours or at The Hub on the Hill, Sutton Hill on Wednesdays 9.00 am – 12.00 noon.



Court Street Community

Telford Mind and Court Street Medical Practice are working together to provide a service to improve the health and wellbeing for individuals in the community. Our community service aims to bring together local services to strengthen the support we provide.

Services include: Mental health support, coffee mornings, Tai Chi, support groups, health checks, walking groups and a range of courses.

For further details please contact:

Jennifer Caldecott – 07497 806448



Who to contact in a crisis

If you are experiencing a mental health crisis, please contact:

Access service for Adult Mental Health

Tel: 0300 1240365

or

Call NHS 111 Service

if you need urgent medical help or advice

Peer Support Groups

We provide the following mental health support groups at Court Street Medical Practice:

Anxiety and Depression

1st Friday of the month 10.00 am – 11.00 am

Anxiety and Depression support group, led by a staff member. The group offers support, advice, practical techniques and the chance to share your experiences.

Tools 4 Life

3rd Friday of the month 10.00 am – 11.00 am

Tools 4 Life is a staff led support group that helps individuals to create a tailored toolkit of coping strategies. Advice and support.

No need to book, just turn up, everyone welcome.

Other Services

'Inspire U' - Inspire U is a six week programme that focuses on the emotional health and wellbeing of parents. The sessions focus on increasing self-esteem, coping strategies, education and goal setting.

'Work it Out' - Work it Out provides customised mental health support for employers and their employees within Telford and Wrekin. This can include one to one listening support, tailored mental health training sessions and mental health awareness promotional events.

For further details and costings, please email:

talk2@telford-mind.co.uk

About Telford Mind

Telford Mind is an independent voluntary organisation that is affiliated to national Mind. It exists to promote and support better mental health in Telford and Wrekin.

Telford Mind works to promote recovery, aiming to provide high quality services for people who are experiencing mental health issues or emotional distress. It also offers support to people undertaking caring roles.

Telford Mind works to promote independence and inclusion. It challenges stigma. It promotes self-confidence and self-reliance and designs and delivers appropriate services and activities through service user participation in development, delivery and governance. We promote wellbeing.

Volunteering Opportunities

We welcome volunteers to support our work. Volunteering can provide you with the opportunity to gain practical experience, be part of a team, build confidence and self-esteem and make a difference to the lives of others.

We have a range of volunteering opportunities, such as:

- Listener (must be qualified to a minimum of Level 2 Counselling Skills)
- Social Media Admin
- Community Fundraisers
- Bid writers
- Trustees

Please contact talk2@telford-mind.co.uk if you are interested in any of our roles.

Opening Times

Monday, Tuesday, Thursday

10.00 am – 2.30 pm

Wednesday

(Hub on the Hill, Sutton Hill)

9.00 am – 12 Noon

Find us

**Court Street Medical Practice,
Court Street, Madeley, TF7 5EE**



Telford Mind

Support for people who are experiencing mental health problems or emotional distress

Working to ensure that nobody faces a mental health problem alone

Tel: (07434) 869248

talk2@telford-mind.co.uk

www.telford-mind.co.uk



Court Street Medical Practice

Court Street

Madeley

Telford

TF7 5EE



Telford

Telford Mind is a registered charity - No. 516444