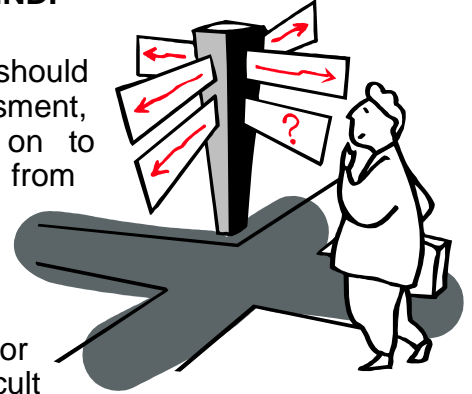


## 7. MENTAL HEALTH

**MENTAL HEALTH SERVICES** provide support and treatment for people with mental health problems and their carers. Day care, therapy, care at home and residential care services are provided through Social Services, the Health Service and by voluntary organisations like MIND.

Anyone who is experiencing mental health difficulties should first see their GP, who will be able to make an assessment, and either provide treatment themselves, or refer on to specialist mental health services. Problems can range from mild depression or anxiety, through to more serious problems in which someone's behaviour, emotional or mental state can be seriously affected.



For the carer, this stage of getting the person they care for to begin to ask for help can be one of the most difficult times. The person experiencing the problems may feel unable to tell someone else what is going on for them; they may be frightened or ashamed, feel that they must sort out the problem themselves, or feel that nothing can be done to help. Although the situation is gradually changing, there is still stigma attached to mental health problems. If the person experiencing the problems does not feel able to talk to a health professional about their difficulties, it may be necessary for the carer to make the first approach to the GP, who should be able to advise on the options available. Phoning one of the Helplines mentioned in this chapter, or the Carers Support Service, may help in this situation.

### **One in Four**

It is important for both the person experiencing problems and their carer to recognise that mental health problems are very much a part of modern life, with one in four of the population seeking help for such a problem at some stage. Unfortunately, acknowledging that there is a problem can be difficult, but generally speaking, the earlier that help is sought, the less a person's life will be seriously affected.

The GP may decide that he can deal with the problem himself, and prescribe treatment such as medication, or refer someone to a course of counselling. The GP will also check the person's general health, as there are a number of physical illnesses which can produce symptoms of mental ill health.

### **Specialist Mental Health Services**

If the GP decides that specialist help is needed, he will refer the person, usually to one of the Community Mental Health Teams, which are described later on in this chapter. Patients are often treated in the community as out-patients, but if the problem is more serious, the person may be offered a stay in an in-patient unit whilst treatment is started and the person's situation is stabilised.

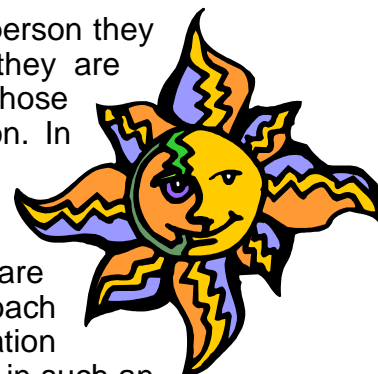
Stays in in-patient care are comparatively short in most cases, but are often followed by periods of care in the community. There are a range of support services which operate in the community, from the Community Mental Health Teams, to supported accommodation, day centres, employment projects, advocacy projects, outreach projects and a county-wide mental health helpline. The services available in this area are outlined in this chapter.

## Care Plans

Every person receiving care from specialist mental health services should have a care plan, which outlines the package of support that they will receive, and also names a care manager (sometimes called a key-worker or primary nurse), who is responsible for co-ordinating that care. Carers providing regular and substantial care are also entitled to an assessment of their own needs, and a care plan of their own detailing the support they will receive.

## Information

Carers often feel poorly informed about the services that the person they care for is receiving, and about the nature of the illness they are suffering from. Carers should be able to approach those professionals providing the care to ask for further information. In most cases the information will be readily available, although issues of confidentiality may prevent professionals from passing on information in some cases. Where a carer feels they are not being given the information they need about the care and treatment of the person they care for, they should approach the service concerned and make their own needs for information clear, or contact their local carers' service if they need support in such an approach.



The carers' services also have a range of leaflets on particular mental illnesses, including fact sheets on:

ADHD	Personality disorders
Anxiety	Postnatal depression
Manic Depression	Post traumatic stress disorder
Dementia	Seasonal Affective disorder (SAD)
Depression	Schizophrenia
Eating disorders	Self harm
Hearing voices	Stress and how to cope with it
Obsessive Compulsive disorder (OCD)	

## Further Enquiries

There are also a number of specialist national mental health organisations that your Carers Service can put you in touch with. For further details, or for any other enquiry, contact the Carers Support Service on 01243 537011. The Service also has its own **Mental Health Carers Support Worker** to provide information and support to carers who provide regular support for adults of working age with mental health needs— see *Chapter 1 Advice and Information*.

## Community Mental Health Teams (CMHTs)

There are teams based at Chichester, Bognor and Midhurst. There are two teams at each location, one for younger people and one for older people (over 65, although the age split between the teams is flexible). Each team consists of Community Psychiatric Nurses, Doctors, Psychologists, Social Workers, Occupational Therapist, Support Worker and Admin Staff.

The older people's teams work together to provide an assessment and treatment service for people with problems such as dementia or depression. Assessment can be provided at home, at the Day Hospital or in hospital as appropriate. The

team can make referrals to a wide variety of other agencies including Day Centres and Home Care. Carer support including residential respite to give the carer a break can also be arranged.

The teams working with younger people (under 65s) are also closely linked with the Day Hospital

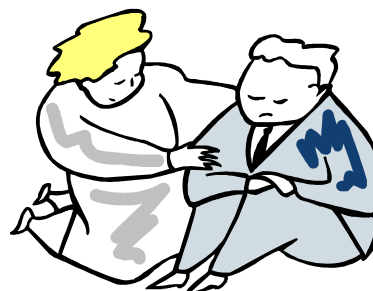
The team members are committed to offering an accessible and high quality service to those individuals who suffer some form of mental health problems. In each case a full assessment will be offered and care package tailored to individual needs. This may involve referrals to other appropriate services such as Psychology, Drug and Alcohol support and counselling services.

Referrals are usually through a GP. To contact the CMHTs:

Midhurst (18-65 years) Tel: 01730 811300  
Midhurst (over 65 years) Tel: 01730 819130

Chichester (18-65 years) Tel: 01243 623400  
Chichester (over 65 years) Tel: 01243 791833

Bognor (18-65 years) Tel: 01243 841041  
Bognor (over 65 years) Tel: 01243 623800



### **Alzheimer's Society**

The Society offers support, advice and information on all matters concerning Alzheimer's Disease and other dementias. National Helpline Tel: 0845 300 0336  
Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk) Email: [helpline@alzheimers.org.uk](mailto:helpline@alzheimers.org.uk)

**Breakaway – supported employment service** See entry in Chapter 15, *Other Illnesses and Disabilities*

### **Creative Response**

An independent arts-related organisation, working with people experiencing mental distress, alcohol/drug related problems, multiple needs and or learning difficulties. Runs visual arts related sessions with practicing artists in Bognor Regis, Chichester and Midhurst. Referral via Community Mental Health Teams. For details contact Mike or Amanda Tues/Wed on Tel: 01252 716876  
Email: [contact@creativeresponsearts.org](mailto:contact@creativeresponsearts.org) Website: [www.creativeresponse.org.uk](http://www.creativeresponse.org.uk)

### **Depression Alliance** (also known as National Depression Campaign)

Information and support for people concerned about depression. Free publications, self-help groups, information and support line.  
Tel: 0845 123 2320 Website: [www.depressionalliance.org](http://www.depressionalliance.org)

## **First Steps to Freedom**

Advice and support to those suffering phobias-obsessive compulsive disorders, panic attacks, general anxiety, tranquilliser withdrawal, and eating disorders as well as to their carers and family members. Fact sheets and self-help booklets as well as one-to-one telephone support and telephone self-help groups.

Confidential Helpline, 365 days, 10am-10pm, Tel: 0845 120 2916.

Office: 01926 864473 Website: [www.first-steps.org](http://www.first-steps.org)

## **Mental Healthline – West Sussex**

A service for people coping with mental health problems, their carers and anyone else who needs advice about mental health. Staff on the line can offer information about the mental health services and about the wide range of support and voluntary organisations available both locally and nationally. They also offer a confidential\* listening and support service to anyone experiencing mental health problems or their carers. 24-hour Helpline Tel: 0845 3002727.

\*The service is confidential, except in circumstances where the caller has or is expressing an intent to commit a serious criminal act, endanger themselves, or others, or if a child is at risk.

## **MIND – National Association for Mental Health**

Provides information on all aspects of mental health, including legal matters, to service users, carers, family and friends.

Mind*info*Line: 0845 766 0163 (Mon-Fri, 9am-5pm). MIND, Granta House, 15-19 Broadway, Stratford, London E15 4BQ Website: [www.mind.org.uk](http://www.mind.org.uk)

## **Mind Western CIC**

Serving the communities of Chichester, Bognor Regis and Midhurst. Head office, Forum House, Stirling Road, Chichester, West Sussex PO19 7DN

Tel: 01243 787878 Fax: 01243 786930

**Midhurst** - Contact Toni Haynes on 07957 209244

**Capability Club** - A club for older people with mental health problems which meets on Thursdays at 2.00pm-4.00pm at the Catholic Church Hall, Bepton Road, Midhurst. Organises games, music and occasional outings. Run by the Chichester and Bognor area Association for Mental Health

**Rambling Group** - Fridays at 10am, please call for more details.

**Craft Group** - Offers a wide range of craft activities. Held every Tuesday from 1.30pm-4.30pm at the Catholic Church Hall, Bepton Road, Midhurst.

**Drop-in** - An informal drop-in for tea, coffee, conversation and support held every Thursday from 10am-1pm at the Catholic Church Hall.

**Various activities** are also put on every Tuesday at 10am please phone for details.

## **Chichester**

**Saturday Club** - Contact: Kay Ward or David Underwood

Tel: 01243 787878

At the Judith Adams Centre, Chichester. Provide respite day care and support for elderly people with Alzheimer's Disease or similar disorders. A range of activities and occasional outings and a meal is provided. Held Saturdays 10am-4pm.

**Tea and Chat** - A meeting place where people with special needs relating to their mental health can come and relax and socialise held on Monday, Wednesday and Friday 12pm-4pm. Fernleigh Centre, 40 North Street, Chichester. Tel: 07932 784979.

### **Bognor Regis**

**Tea and Chat** – A drop in centre/support group at The Hub, 73 Queensway, Bognor Regis, for the over 65's who have had or are experiencing problems with mental health. Mondays, Wednesdays and Fridays 1pm–4pm. Tel: 07949 963757.

**Saturday Club** - Contact: David Underwood Tel: 01243 787878

At The Chestnuts Centre, London Road, Bognor Regis. Provide day care and support for elderly people with Alzheimer's Disease or similar disorders, in a stimulating and safe environment. Activities and outings arranged. Lunch and other refreshments and transport are provided at a small charge. Held Saturdays 10am-4pm

### **NO PANIC – (National Organisation for Phobias, Anxiety Neuroses, Information & Care)**

Aims to help relief and rehabilitation of people with phobias, anxiety disorders, tranquilliser withdrawal symptoms etc. Also provides support to families and carers  
Freephone: 0808 808 0545 or Tel: 01952 590005 Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

### **Rethink (formerly National Schizophrenia Fellowship)**

A National Advice Service that provides expert advice and information to people with mental health problems and those who care for them. Mon, Wed & Fri 10am-3pm, Tue & Thurs 10am-1pm. Tel: 020 8974 6814 General enquiries: 0845 456 0455 Website: [www.rethink.org](http://www.rethink.org) Email: [advice@rethink.org](mailto:advice@rethink.org) or [info@rethink.org](mailto:info@rethink.org)

### **Richmond Fellowship**

#### **The Old Glassworks**

A Drop in Day Centre for people with mental health problems living in the community with support from mental health professionals. The centre offers social and emotional support through a range of social, leisure and therapeutic opportunities; the aim is to encourage members to develop an awareness of their value and dignity, gain self respect and grow in confidence. Referral is via mental health professional. Open six days per week (9:30am-5pm) and on Wednesdays (9:30am-3pm). Upstairs at The Old Glassworks, St. Cyriacs, Chichester, PO19 1AJ. Tel: 01243 789709 Fax: 01243 789138

Website: [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

Email: [old.glassworks@richmondfellowship.org.uk](mailto:old.glassworks@richmondfellowship.org.uk)

#### **Allen House**

A referral only, drop-in day centre for people based in Bognor Regis with mental health problems. People are referred through The Community Mental Health Team. Meals and refreshment are provided at a small charge, also a laundry and bathroom. There are various activities such as arts & crafts, relaxation and games organised on a regular basis. Tel: 01243 827414

Website: [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

Email: [allen.house@richmondfellowship.org.uk](mailto:allen.house@richmondfellowship.org.uk)

## **SAD Association (Seasonal Affective Disorder)**

Information, advice, newsletter for sufferers of Seasonal Affective Disorder.

Free information available on receipt of a S.A.E. Has a light box hire scheme as well as instructions on the use of light boxes. Contact SADA, PO Box 989, Steyning, BN44 3HG. Recorded info line: 01903 814942

Website: [www.sada.org.uk](http://www.sada.org.uk)

## **Saneline**

Helpline providing information and advice on mental health. Offers emotional and crisis support to people experiencing mental illness, their families, carers and friends. Open daily 1pm-11pm Tel: 0845 767 8000 (local rate)

Website: [www.sane.org.uk](http://www.sane.org.uk)

## **Saturday Respite Club**

A group organised by Chichester and Bognor Association for Mental Health providing day care support for older people with Alzheimer's Disease or similar disorders in a stimulating and safe environment. Relieves isolation and gives carers a break. Activities and outings arranged. The Clubs are held 10am-4pm each Saturday (lunch and refreshment provided at a small charge) at The Chestnuts Day Centre, London Road, Bognor Regis. Tel: 01243 787878.

## **Speaking Out Advocacy Service**

A West Sussex Advocacy Service, managed by Mind in Brighton and Hove. Provides free confidential, independent advocacy support for individuals with mental health problems aged 18-65 yrs throughout the Bognor Regis, Selsey, Chichester and Midhurst areas and surrounding villages.

Contact: Sandra Trebble at Speaking Out Advocacy Service, Centurion Mental Health Centre, Graylingwell Drive, Chichester, PO19 6GS.

Tel: 01243 791906 or mobile: 07973 330276

Email: [sandra.trebble@mindcharity.co.uk](mailto:sandra.trebble@mindcharity.co.uk) Website: [www.mindcharity.co.uk](http://www.mindcharity.co.uk)

Also offer a **Young Person's Advocacy Service**, for 11-19 years old from the coastal path – ie Chichester, Bognor Regis across to Worthing.

Contact: Claire Allwright on: 01903 233145

## **House No. 48 (Community Mental Health)**

A house providing a friendly and informal meeting place for people with mental health problems, they aim to help clients solve problems before they turn into crises. There are a range of activities on offer including cooking, sewing, woodwork and drawing. Lunch is available for a small charge. The centre is open Mon-Fri 9am-4pm.

Contact: The Activity Centre, 48 Sudley Road, Bognor Regis, PO21 1ER Tel: 01243 868647 (Referrals via consultant / keyworker or GP)

## **Threshold Women's Mental Health Initiative Counselling & Creche Services**

Support to women experiencing mental health difficulties or emotional distress as well as their carers and families. Tel: 01273 626444 (Tues-Fri 9am-5pm)

## **United Response Outreach Service**

An outreach service covering Littlehampton, Chichester and Bognor Regis areas offering direct practical support to people (aged 16 years upwards) with mental health problems living in their own homes.

Tel: 01243 840886 Website: [www.unitedresponse.org.uk](http://www.unitedresponse.org.uk)

Email: [info@unitedresponse.org.uk](mailto:info@unitedresponse.org.uk)

## **Workability**

Workability offers support to unemployed working age adults, in Bognor, Chichester and Midhurst, with a mental health need or physical/sensory disability, and/or acquired brain injury, to access education, training, voluntary and paid work.

Contact: Workability West Sussex, Dove Lodge, 49 Beach Road, Littlehampton, BN17 5JG Tel: 01903 730044 Textphone: 01903 735957

Website: [www.impact-initiatives.org.uk](http://www.impact-initiatives.org.uk) Email: [workability.westsussex@impact-initiatives.org.uk](mailto:workability.westsussex@impact-initiatives.org.uk)

