

# Mental Health

# Top Tips & Self Help available in Doncaster



Focus on managing the anxiety rather than trying to get rid of it.



Follow the health guidance given as fully as possible.



Keep up to date with the news...but only as much as you need to be informed and avoid social media posts and information from unverified sources as these will fuel worry and uncertainty.



Talk to friends and family, stay in touch and have discussions about normal things as well as the current situation.



Talk about emotions and try not to push them away - they tend to come back stronger if you do.



Try to focus on what is happening now rather than what could happen in the future.



Take time to do enjoyable activity including exercise.



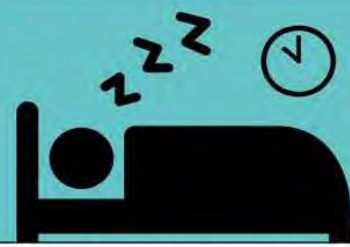
Drink plenty of water and try to maintain a balanced diet.



Avoid burnout.



Make time to relax and unwind...Mindfulness techniques can be useful.



Sleep...Try to maintain a good routine regarding your sleeping habits.



Grief...Seek and accept support. Call on a trusted family member or friend, church clergy, or professional counsellors.



Try to avoid alcohol... too much can lead to accidents. It is also known to lower your mood and can lead to domestic abuse. Which puts added pressure on the NHS and emergency services.



Keep taking your medication. You might be able to order repeat prescriptions by phone. Or you may be able to do this online using an app or website.



Eat a healthy well balanced meal where possible and avoid junk food.

# Useful Websites and Numbers

## WHAT TO DO IN AN EMERGENCY

### Doncaster Single Point of Access (SPA)

24/7 assessment to identify needs and support for people experiencing a crisis in their mental health

**Telephone: (01302) 566999**

### Samaritans

Listening service for those who need to talk

**116123 free from any phone  
03300945717**

**Telephone your GP**

**Telephone 111**

**Only call 999 when someone requires serious or life-threatening immediate emergency or physical health assistance**

## DONCASTER-WIDE

### IAPT Improving access to psychological therapies

Free for those needing therapeutic help and support with mental health and long-term conditions

**Telephone: (01302) 565556/565650**

### Long term conditions

Individual and group support.

**Telephone (01302) 379563**

### MIND/THRIVE

Over 18 wishing support with general mental health and wellbeing, individual and group support. Thrive offers 24 weeks of support for those with mental health needs who regularly access services such as A&E, ambulance, GP and crisis service

**Telephone: (01302) 812191/812190**

[thrive@doncastermind.org.uk](mailto:thrive@doncastermind.org.uk) [office@doncastermind.org.uk](mailto:office@doncastermind.org.uk)

### Doncaster Rethink

24/7 helpline offering emotional support for people over 16 affected by mental illness

**Telephone: (0808) 8010442**

### ASPIRE drug and alcohol services

Full range of services for those over 18 who wish support with drug and alcohol use. Aspire Early Interventions team 6–12-week program for education and support around the impact alcohol use. Aspire parenting support 3–4-month support for parents wishing to make changes to their substance use .

**Telephone: (0300) 0213900**

# Useful Websites and Numbers continued ...

## **Project 6 (sober social)**

Therapeutic and practical Support for people over 18 who are in or working towards recovery from drugs or alcohol.

**Telephone: 01302 360090**

[info@projet6.org.uk](mailto:info@projet6.org.uk)

## **Doncaster adult social services and wellbeing team**

Assistance and advice with support and care arrangements

**Telephone: (01302) 737391**

[www.yourlifedoncaster.co.uk](http://www.yourlifedoncaster.co.uk)

## **CRUSE**

Bereavement counselling

**Telephone: (01302)**

**814647** [www.cruse.org.uk](http://www.cruse.org.uk)

## **OPEN MINDS**

Counselling service for those aged 8 and over

**Telephone: 07765 224564/ (01302) 344 192**

## **Andy's Man Club**

Talking groups for men. Challenging the stigma around men and mental health.

[www.Andysmanclub.co.uk](http://www.Andysmanclub.co.uk) [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

## **AMPARO**

Practical and emotional support for anyone affected by suicide

**Telephone: 0330 088 9255 / 03001115065**

## **PFG**

Peer support for people experiencing mental illness, poor health and disability or difficult times.

**Telephone: (01302) 618507**

**Facebook: PFG like page**

# Useful Websites and Numbers continued ...

## **Flourish**

Non-profit Community interest company. Providing care and support throughout the local community. Vocational pathways supporting people to gain skills and confidence on pathway to training and employment

**Telephone: (01302) 798000**

[info@flourishenterprises.co.uk](mailto:info@flourishenterprises.co.uk)

## **Self-help**

### **Mood juice**

Online self-help for those who wish to understand and manage depression and anxiety.

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

### **Get self help**

CBT therapy and self-help resources for those who wish to learn to manage their mental health.

[www.Getselfhelp.co.uk](http://www.Getselfhelp.co.uk)

### **Reading well**

Supports people to understand and manage health and wellbeing using helpful reading

[www.Reading-well.org.uk](http://www.Reading-well.org.uk)

## **Local to North Doncaster**

### **Bumping Space, Bentley (part of PFG group)**

**Telephone: 01302 618 507**

### **Renew 127 Askern Road, Bentley**

Quiet shared space where “its okay not to be okay”. Chat and activities, tea and coffee. Open Monday, Wednesday and Friday 10am-2pm.

**Telephone: (01302) 876401**

[admin@bbcdoncaster.co.uk](mailto:admin@bbcdoncaster.co.uk)

### **Bentley Pavilion, Askern Road**

Community hub and café providing a range of support services around hospitality, health, heritage and hope

**Telephone: (01302) 872167**

[bentleypavilion@manna.me.uk](mailto:bentleypavilion@manna.me.uk)

### **Bentley Urban Farm**

Supportive indoor and outdoor area supporting the community gardening, music, therapy, mental and physical wellbeing

**Telephone: 07846 439982**

### **Norbreck community hall Askern**

Groups, music, sports, home education, meditation for all.

**Telephone: Isiasha 07477 88413**

[www.healmehappy.life](http://www.healmehappy.life)