

Young Person's Information

Emotional Wellbeing Support
in Adulthood



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Emotional Wellbeing Support

Your current paediatric team includes clinical psychologists who you can contact as and when you feel you would like their support – individually and/or as a family. The adult team do not have any psychologists/therapists as part of their team. Emotional wellbeing support is available from other separate services.

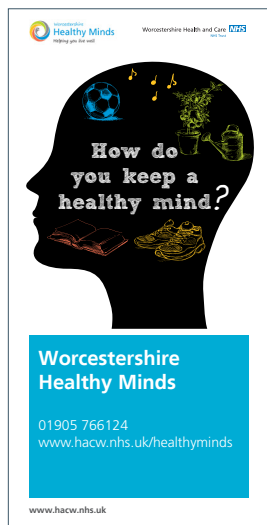
There are plenty of services in Worcestershire and the rest of the country that can support you with any emotional wellbeing needs you may have at any time in your adulthood. In the first instance, it may be helpful to **talk to your diabetes consultant and/or nurse** about the struggles you are experiencing. Another person you can talk to is **your GP**, as they will know which services can best support your needs.

One such service is **Worcestershire Healthy Minds**. This service supports people, aged 16 and over, who are experiencing problems such as stress, anxiety, low mood and depression. They help people improve their emotional wellbeing through a range of interventions such as short courses, talking therapies, and self-help information.

You can self-refer by downloading the self-assessment form from their website.

www.hacw.nhs.uk/our-services/healthy-minds/

You will need to print off the form and once you have completed it including the questionnaires, please return it to the address listed.



You can also self-refer by calling the Wellbeing Hub on 01905 766 124.

You can ask your GP to refer you.



Worcestershire Wellbeing Hub is an information and signposting service for people aged 16 and over who are experiencing low mood, anxiety or stress, and feel that they would benefit from support from local community providers. Their Wellbeing Assistants:

- Provide information and signposting for wellbeing services provided by the voluntary sector across Worcestershire.
- Take bookings for the Community Wellbeing Programmes such as Moodmaster and Peer Support
- Redirect people to self-help resources.

The Wellbeing Hub staff are not clinically trained and so if you have any other needs you should contact your current mental health professional or your GP. **If your mental health issues are reaching a crisis, call 111, 999, or the Samaritans 116 123.**

Relate provide Relationship Counselling, Family Counselling, Sex Therapy, Children's and Young People's Counselling, Training and Education, Counselling for people living with cancer and Telephone Counselling across Worcestershire.

They provide relationship support in Worcester, Bromsgrove, Redditch, Broadway, Wyre Forest, Malvern, Evesham and Droitwich. To find out more about their services or to book an appointment at any of their locations please call 01905 28051 or visit their website www.relate.org.uk/worcestershire.

Patient Self-Management (PSM) is a free course for individuals with a long term condition(s) in Worcestershire who would like to find better ways of managing their health condition in order to improve their health prospects and quality of life. Visit their website for more information www.hacw.nhs.uk/our-services/patient-self-management/

You can ask your GP or another healthcare professional to refer you.

References:

Worcestershire Health and Care NHS Trust. (n.d.). Healthy Minds.
Retrieved from <http://www.hacw.nhs.uk/our-services/healthy-minds/>