

Information about our projects and services

The different services we provide are outlined in this leaflet.

In different areas of Teesside, we provide different services. Please use this table to find services in the area you live.

Service/project	Middlesbrough	Stockton	Redcar/ Cleveland	Hartlepool
Advocacy	P	P	P	P
Ageing Better Middlesbrough	P			
Children and young people's services	P			
Connect Recovery college	P		P	
Diversion and Resettlement service	P	P		
Living Life	P			
Move in Move on	P			
One Planet Middlesbrough	P			
Open Minds therapies	P	P	P	P
Outreach – Stepping Forwards	P	P	P	P
Peer support hub – Side by Side	P	P		
Peer support training	P	P	P	
Personal Budget Planning	P			
Reablement – Close 2 Home		P		
Reablement – Middlesbrough and Redcar/Cleveland	P		P	
Sports – Get Set to Go	P	P		
Support for carers, family members and friends	P			

Advocacy

We provide Independent Mental Health Advocacy (IMHA) for the people who are being treated under the Mental Health Act. We can help people understand their rights, treatment and care and help them get their views across. Contact our Middlesbrough office on 01642 257020.

Ageing Better Middlesbrough

Ageing Better Middlesbrough is for people over 50 and provides information, help, volunteering opportunities and community activities through lots of different projects. Get involved at the start by becoming a member now, and you'll find out about lots of new opportunities as they start. Contact our Middlesbrough office on 01642 257020.

Children and Young People's support

We provide a friendly support service for children and young people attending a school in Middlesbrough who need someone to talk to about their stresses and worries. We also provide

emotional support, practical help and advice and confidence building for parents with children aged 10-16 years attending a Middlesbrough School. The school can contact us to make a referral or contact us direct through our Middlesbrough Office on 01642 257020.

Connect Recovery College

Our Connect Recovery College offers a range of short courses in community settings aimed at improving health and well-being, such as 'Stressbusting' and 'Dealing with difference between people'. Courses are available in various community venues across Middlesbrough, Redcar and Cleveland, they are free and there's no exam at the end. Contact our Middlesbrough office on 01642 217399.

Diversion and Resettlement service

We support people who are involved within the Criminal Justice System including in police custody, in court, on release from prison and in the community. We provide help to individuals to break cycles of offending and improve their health and well-being. Contact our Middlesbrough office on 01642 257020.

Living Life

Our Living Life service helps people who are experiencing mental health difficulties to move along the road to recovery, including making realistic plans and putting them into place. We help people get involved in mainstream community activities including voluntary work, education and employment. Contact our Middlesbrough office on 01642 217399.

Move in Move on

Move in and Move on is an intensive recovery service provided in a residential setting. Support is provided for up to twelve weeks. The service helps people kick start their recovery journey by providing support to develop new skills, confidence and hope for the future. If you would like to be referred to the service, please speak to your care co-ordinator or social worker, or contact MiMo on 01642 243871.

One Planet Middlesbrough

This project helps people get involved with a range of activities and volunteering opportunities that have an environmental theme. Contact our Middlesbrough office on 01642 257020.

Open Minds therapies

We provide free, confidential psychological therapies for people experiencing anxiety, depression and other mild to moderate mental health difficulties. You can refer yourself or ask your GP to refer you. Contact Open Minds on 01642 218361 (Middlesbrough, Stockton and Hartlepool) or 01642 493838 (Redcar and Cleveland).

Outreach – Stepping Forwards

Stepping Forwards helps people experiencing complicated issues and have no other support to get services appropriate to their needs. These can be mental health services or other services such as housing, benefits and employment. Contact our Middlesbrough office on 01642 257020.

Parent peer support

We have a team of trained volunteers who are parents themselves, and who provide support to other parents who need some additional help overcoming some of the difficulties all parents face. If you would like more information about become a parent peer mentor or getting support from one of our trained mentors, contact our Middlesbrough office on 01642 257020.

Peer support hub – Side by Side

The Hub works to connect people and organisations that deliver peer support to share knowledge, experience and good practice. Contact our Stockton office on 01642 644116.

Peer support training

Our training supports people who would like to use their own experiences of mental health problems to help other by sharing skills and inspiring hope. It covers setting up and facilitating a

group and practical help to get started. Contact our Middlesbrough office on 01642 217399 or our Stockton office on 01642 644116.

Personal Budget Planning

We provide help for individuals who are interested in receiving a Social Care Personal Budget. The project can help you find out if you are eligible and then provide on-going support throughout the Personal Budgets process. Contact our Middlesbrough office on 01642 257020.

Reablement – Close 2 Home

Close 2 Home is for people who have long term physical health problems or who have recently been discharged from hospital. The service will help you to improve your overall well-being and quality of life, by working with you on the stresses and challenges you face. If you would like to be referred to the service, please speak to your health professional or contact our Middlesbrough office on 01642 257020.

Reablement – Middlesbrough and Redcar/Cleveland

Reablement is for people who have long term physical health problems or who have recently been discharged from hospital. The service will help you to improve your overall well-being and quality of life, by working with you on the stresses and challenges you face. If you would like to be referred to the service, please speak to your health professional or contact our Middlesbrough office on 01642 257020.

Sports – Get Set to Go

Sport and physical activity are good for mental health and this project helps people try new types of sports and exercise, with the support of a volunteer. There is such a broad range of activities to choose from and something for everyone, from yoga to netball, ice skating, boxing, running or boccia – and lots of others. Contact our Stockton office on 01642 644116.

Support for carers, family members and friends

We provide information and support for families and friends (carers) of people who experience mental health problems. The service provides an opportunity for carers to talk about any concerns or problems they have, focusing on themselves rather than the person they care for. Contact our Middlesbrough office on 01642 257020.

Contact us:

Head office: Middlesbrough and Stockton Mind

The Mind Centre
90-92 Lothian Road
Middlesbrough
TS4 2QX

Middlesbrough Office Tel: 01642 257020

Open Mind Therapies Tel: 01642 218361 (Middlesbrough, Stockton and Hartlepool) or 01642 493838 (Redcar and Cleveland)

Email info@middlesbroughandstocktonmind.org.uk

Website www.middlesbroughandstocktonmind.org.uk

We will always

- Treat you with respect.
- Give you accurate and up to date information about how we can help you.
- Give you information about any other organisations that might be relevant to you.
- Treat as confidential any personal information you share with us.
- Tell you how to complain if you are not happy.