

Mental Health Services Available for Patients in Thurrock

Type of support	Adults	Children and Young People
Wellbeing support e.g. loneliness and isolation, peer mentoring, bereavement support etc.	<p>Inclusion Thurrock Recovery College Short courses on anxiety, mindfulness etc. Telephone: 01375 898680 Email: ThurrockRCollege@mpft.nhs.uk Website: recoverycollege.inclusionthurrock.org</p> <p>Thurrock and Brentwood Mind Counselling, bereavement counselling, carers service, wellbeing activities etc. Telephone: 01375 391411 Website: thurrockandbrentwoodmind.org.uk</p> <p>St Luke's Hospice Bereavement support, carer's support. Telephone: 01268 524973 Website: stlukeshospice.com</p>	<p>Schools Wellbeing Service Supporting schools to become mentally healthy. Tel: 01375 652537 SWS@thurrock.gov.uk</p> <p>Open Door A range of services for children and young people. Tel: 01375 390040 www.opendoorservices.org</p> <p>Kooth Online mental health community: www.kooth.com</p> <p>Together All Online mental health community: togetherall.com</p> <p>Lukes' Counselling and support for Children and young people. Tel: 01375 648175 www.stlukeshospice.com/lukes-counselling-service-for-children-young-people/</p>
Talking therapies	<p>Inclusion Thurrock Provides psychological intervention and talking therapies for mild to moderate depression and anxiety disorders, including PTSD and trauma, OCD, panic attacks, health and social anxiety. Offers treatments such as CBT, EMDR and IAPT-approved counselling, both person-centred and psychodynamic (including couples), using a stepped-care approach. "PST Thurrock" offers psycho-sexual therapy to individuals and couples needing psychosexual support. Telephone: 01375 898680 Website: inclusionthurrock.org/online-referral/ Email: inclusion.thurrock@nhs.net</p>	<p>Emotional Wellbeing and Mental Health Services (EWMHS) The EWMHS provides advice and support to children, young people and families who need support with their emotional wellbeing or mental health difficulties.</p> <p>Help for</p> <ul style="list-style-type: none"> • Low mood, anxiety, obsessional thoughts • Sleep problems • Body image and eating difficulties • Behavioural and emotional difficulties • Trauma and loss <p>Services CBT, DBT, Lower level talking therapies, trauma focused therapies, play based therapies, art and creative therapies, psychodynamic therapy, family therapy, group therapy. Telephone: 0300 300 1600 Email: nelft-ewmhs.referrals@nhs.net Out-of-hours: 0300 555 1200</p>
Community Support for more serious mental health needs	<p>Adult Community Mental Health Team Support with more serious mental health needs such as schizophrenia and bipolar disorder. Telephone: 01375 402276</p>	<p>Anyone under the age of 18 or family members of anyone under the age of 18 in crisis, should call NELFT's EWMHS on 0300 555 1200.</p> <p>GPs can use the numbers below if they believe a young person is experiencing a crisis.</p> <p>Basildon and Southend: 07790 570735 PAH and Broomfield: 07970 157174 Colchester or UTC: 07790 570746</p>
Mental Health Crisis	<p>NHS 111 Option 2 Mental Health Crisis Line By dialling 111 and pressing Option 2, people receive immediate support when experiencing a mental health crisis. A dedicated crisis line is available for GPs - 01375 364633 – to help you access the service quickly if you have concerns about a patient. The service is for people aged 18 and over.</p>	<p>999 should still be used for anyone in need of treatment for serious or life-threatening physical health issues alongside a mental health need.</p>
Emergency Services	<p>999 should still be used for anyone in need of treatment for serious or life-threatening physical health issues alongside a mental health need.</p>	

Specialist support	Adults	Children and Young People
Autism and Aspergers	<p>Asperger's Service Provides support for patients (over 18) with Asperger's including mental health and wellbeing, social and life skills support etc. Telephone: 01268 243500 Referrals made through EPUT's Adult Community Mental Health Team.</p>	<p>SNAP For families with children and young people who have any special need or disability: www.snapcharity.org National Autistic Society Thurrock Holds support groups for parents and carers: nasthurrock.btck.co.uk</p>
Child to adult progression	<p>Progression to Adult Mental Health Services - For young people progressing to adult mental health services. The young person can contact the service through their Care Coordinator/Case worker within EWMHS.</p>	
Dementia	<p>Dementia intensive/ Crisis support team - Provides support for people with dementia and their carers / care providers to manage a period of crisis and avoid possible admission to hospital. Tel: 01277 695110 W: www.nelft.nhs.uk/services-bsbwtk-dementia-crisis-support</p>	NA
Drug and alcohol addiction	<p>Inclusion Visions Thurrock Telephone: 0300 303 1018 Website: www.visions.inclusionthurrock.org/</p>	<p>Wize-Up Telephone: 01375 376 111 Website: www.changegrowlive.org/wize-up-thurrock</p>
Early psychosis	<p>Essex Support and Treatment for Early Psychosis (ESTEP) Provides specialist care for 14-65 year olds experiencing psychosis for the first time. ESTEP South West Team (9am-5pm, 7 days a week): 01268 407800</p>	
Eating disorders	<p>Eating Disorders Service Assesses and treats moderate to severe eating disorders. Eating Disorder Service (Basildon): 01268 243538 Referrals made via EPUT's Adult Community Mental Health Team</p>	<p>EWMHS - See overleaf Beat - UK eating disorder charity: www.beateatingdisorders.org.uk</p>
Employment support	<p>HeadsUp Provides support with getting back to work for people with mental illness. Telephone: 01206 489913 Website: enableeast.org.uk/headsup</p>	<p>Thurrock Career's Support for young people and people with special needs up to 25. www.thurrock.gov.uk/career-support-for-young-people/thurrock-careers</p>
Memory loss	<p>Memory Assessment Service For older adults experiencing memory loss. T: 01268 739116</p>	NA
Mental health support for those in pregnancy or are new parents	<p>Perinatal Mental Health Service For pregnant women or new mothers (first year) who are experiencing or likely to experience mental health difficulties. Email: perinatalteam@nhs.net EWMHS can provide support for teenagers who are pregnant</p>	
New Parents	<p>Together with Baby Helps parents to understand better their baby's emotional responses and communications as well as strengthen their relationship with their baby. Telephone: 01621 866900 Email: epunft.pimhs.eput@nhs.net Health Visiting Service Support and advice to parents with children within from the antenatal stage (pre-birth) to the age of 5 years old. Website: www.nelft.nhs.uk/services-thurrock-health-visiting</p>	
Older People's mental health	<p>Older People's Community Mental Health Teams Specialist mental health services for older people. Thurrock Older people's CMHT: 01375 413910</p>	NA
Veterans services	<p>Midlands and East Veterans Transition, Liaison and Intervention Service (TILS) The service is for those with early signs associated with mental health difficulties to prevent crisis point. Telephone: 0300 323 0137 Email: mevs.mhm@nhs.net</p>	NA