**Mental Health services for south locality WHCCG**

**Wellbeing centres**

Offering recovery focused and therapeutic groups and 1-to-1 sessions, for those with mental health conditions, for which people can self-refer. Generally open Mon- Fri with some weekend and evening sessions which are to be extended to 7 days a week.

**Eastleigh**: 111 Leigh Road, Eastleigh Tel: 023 8061 1458

<http://www.solentmind.org.uk/content/our-wellbeing-centres>

**Romsey**: Dr Peter Centre, Baden Powell Way and Appletree Centre, Princes Road, Romsey

Tel: 07827 317468 (referrals) 0300 5000907 (advice & info line)

<http://www.andovermind.org.uk/well-being_romsey/>

**Italk psychological therapies service**

<http://www.italk.org.uk/>

Self-referrals online <http://www.italk.org.uk/self-referral/> or by phone: 023 8038 3920

Available to anyone over 16 years, offering supported online, phone or face to face CBT . They also provide employment support, run workshops, groups and health talks on mental health topics to the general public. For patients under the service if they are struggling or potentially going into crisis they can call the service and access phone support on the day. Linking closely with local CMHTs and meet to discuss patients that require stepping up or down between services.

**Recovery College**

<http://www.southernhealth.nhs.uk/health-and-wellbeing/recovery/college/>

Tel: 02380 294461

Offering courses (from 2.5hrs to 5 days), across Hampshire designed to increase knowledge and skills about recovery and self-management of mental health conditions. Free for current or previous (within 2 years) service users, carers of service users or SHFT staff and for any other patients who are unwaged. A fee applies for others.

**Perinatal mental health service**

<http://www.southernhealth.nhs.uk/services/mental-health/adult/mother-and-baby/community-care/> Tel: 01962 897780

Community service based at Melbury lodge mother and baby unit, Winchester. Offering assessment and support for women who are pregnant until 1 year postpartum, with a known MH diagnosis or a new MH condition that has developed during this time. Preconception advice is also available for example to discuss medication. Pregnant patients under the CMHT may be jointly managed by both services.

**Adults with Autistic Spectrum Disorders or ADHD**

<https://www.sabp.nhs.uk/our-services/learning-disabilities/autism-adhd>

Hampshire Autism and ADHD Service, Dickson House Medical Centre, Crown Heights, Basingstoke, RG21 7AN Tel: 01256 361 180

Assessment and post diagnostic support of adults with suspected ASD or ADHD not previously diagnosed, including the monitoring of ADHD medication. For adult patients with previously diagnosed ADHD discharged by CAMHs who need further support please also refer to this service.

Email (Autism): rxx.hampshireautismsabp@nhs.net Email (ADHD): rxx.hampshireadhdsabp@nhs.net

**Eating Disorders Service**

<http://www.southernhealth.nhs.uk/services/mental-health/adult/eating-disorders/>

April House, 9 Bath Road, Bitterne, Southampton, SO19 5ES

Tel: 023 8081 9000

Psychology led assessment and support service in the community with physical health medical advice provided by gastroenterology consultants at UHS.

**Inclusion - substance misuse service**

<http://www.inclusion.org/services/inclusion-eastleigh-2/>

The Bridge, 75 Leigh Road, Eastleigh, SO50 9DQ Tel: 0300 124 0103 option 3

Inclusion Recovery Eastleigh Hub provides a range of interventions for anyone aged 18 and over, using drugs and/or alcohol or experiencing any of the problems that are associated with its use and live around the Eastleigh area.

**Yellow Door – Eastleigh and New Forest**

<https://www.yellowdoor.org.uk/>

30 Brookvale Road, Portswood, Southampton, Hampshire,SO17 1QR (by appointment only)

Office tel: 023 8063 6312 Helpline (Weds 4 - 7pm): 023 8063 6313

Yellow Door is a registered charity for domestic and sexual abuse working to support individuals and communities across South West Hampshire, covering Southampton, Eastleigh, Test Valley (South) the New Forest and the Isle of Wight.

**The Rape and Sexual Abuse Centre (RASAC) – Winchester and Test Valley**

<https://www.rasac.org.uk/>

Westbury, 13 City Road, Winchester, Hants SO23 8SD

Advice line: 01962 868 688 / 01962 864 433 Office tel: 01962 807037

Opening Hours: Monday:11.30am - 1.30pm; Tuesday Evening:6.30pm - 9.00pm; Thursday Evening: 6.30pm - 9.00pm

The Rape and Sexual Abuse counselling service, now RASAC, provides a free, confidential helpline and one-to-one counselling for women and men over the age of 18 as well as under 18s who have experienced sexual abuse, sexual violence or rape, at any time in their lives.