

Mental Health services for west locality WHCCG



Southern Health
NHS Foundation Trust

CMHT

Team manager- Raff Davis
Team leader- NF East Natalie Evans
Team leader- NF West Trevor Kanengoni

New Forest CMHT (East)

67 – 69 Ringwood Road, Totton, Hampshire,
SO40 8DX
023 8086 8886 Fax: 023 8066 6891
hp-tr.NFEastCMHT@nhs.net

New Forest CMHT (West)

142 Station Road, New Milton, Hampshire,
BH25 6LP
01425 622922 Fax: 01425 622733
hp-tr.WaterfordHouse@nhs.net



Sussex Partnership
NHS Foundation Trust

CAMHS Sussex Partnership NHS Trust

Ashurst Hospital, Snowdon House, Lyndhurst
Road, Ashurst, SO40 7AR
023 8029 1069

Learning Disabilities

0845 603 5630



Rape Crisis

023 8063 6313



Wellbeing centres

Address: Various locations across the county: Our Wellbeing Centres

New Forest Wellbeing centres

Our New Forest wellbeing centres are welcoming spaces for you to receive support. We have a huge range of courses, workshops and support sessions for you to be involved with. For more information about what we offer take a look at our Booklet.

The charities Mind and MCCCH run wellbeing centres in Hampshire's towns and cities. They are friendly and welcoming places with an informal atmosphere. They offer people the opportunity to meet others with similar experiences and problems. The centres provide workshops, individual counselling and other support on many mental health issues.

Services available vary from centre to centre so it is best to contact a centre near you and find out about their programme. Some services may need a referral from your doctor. If you would like to email us a referral for the New Forest Wellbeing service, please contact us at: nfwreferrals@solenmind.org.uk

Marcella House, 023 8084 1341 Jones Lane, For details of Marcella House sessions please click here. Hythe, SO45 6AW

The Hollies, 01425 620642 1 Barton Court Road For details of The Hollies sessions please click here. New Milton, BH25 6NN

Older Persons Mental Health Becton Centre,

The Fairway, Becton Lane, Barton-on-sea, BH25 7AE
01425 623802





Perinatal mental health service

www.southernhealth.nhs.uk/services/mental-health/adult/mother-and-baby/community-care/

01962 897711

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.



Recovery College

023 8029 4461

recovery.college@southernhealth.nhs.uk
www.southernhealth.nhs.uk/health-and-wellbeing/recovery/college/

4th Floor, Thomas Lewis House, 236 Empress Road, Southampton SO14 0JY

The Recovery College takes an educational approach to equip you with the knowledge and skills to get on with your life, despite mental illness. Courses offered all over Hampshire.



Eating Disorders Service

www.southernhealth.nhs.uk/services/mental-health/adult/eating-disorders/

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

023 8081 9000



iTalk psychological therapies service

023 8038 3920

info@italk.org.uk
www.italk.org.uk

iTalk provides therapy, treatment, services & resources to people suffering from a range of common mental health problems including; stress, anxiety or depression.



Samaritans

0845 790 9090



Inclusion - substance misuse service

01425 483352

Choice and Medication (information on psychosis)

Find more about mental health conditions, treatments and medications: [click here](#). The Southern Health NHS Foundation Trust Medicines Management Team is made up of specialist mental health pharmacists and technicians. Together they provide support to service users, carers and staff, to ensure that medicines are used safely and effectively.



Hampshire County Council & Local Authority

AMHP Referral Process: 01962 832406
Social Care Team: 01590 625175

Connect to Support HANTS

An online resource for adults with care and support needs: <https://connectsupport.hants.gov.uk/home>.

It's easy to find the information you want!

- Health and wellbeing advice
- Managing at home
- Living with a disability
- Equipment and aids
- Local community groups and activities
- Support for carers
- Getting out and about
- Finding, arranging and paying for care
- Care providers and care

Adults with Autistic Spectrum Disorders or ADHD

www.sabp.nhs.uk/asd-adhd

01372 205 749

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): rxh.hampshireautismsabp@nhs.net

Email (ADHD): rxh.hampshireadhsabp@nhs.net

Useful Websites:

Survivors of Bereavement by Suicide <http://uk-sobs.org.uk>

NHS Choices www.nhs.uk/pages/home.aspx

Rethink www.rethink.org.uk

Mind www.mind.org.uk

Bipolar UK www.bipolaruk.org

Chrysalis www.chrysalis-gii.co.uk

Sane www.sane.org.uk

Bipolar UK www.bipolaruk.org

British Psychological Society www.bps.org.uk