

## Mental Health services for mid locality WHCCG



### CMHT

Team manager- Mandy James

### Winchester CMHT

Connaught House, 63b Romsey Road,  
Winchester, SO22 5DE  
01962 826000

### Andover CMHT

Junction Road, 68b Junction Road,  
Andover, SP10 3QX  
01264 358180



### 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

### Older Persons Mental Health

The Allan Gardiner Centre, Andover War Memorial  
Hospital, Charlton Road, SP10 3LB 01264 835263

St Waleric, Park Road, Winchester, SO23 7BE,  
01962 841941



### Wellbeing centres

Address: Various locations across the county:  
[Andover](#) [Winchester](#)

### Wellbeing centres

Our Andover and Winchester 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 at Winchester take a look at our Booklet.

Description: The charities Mind 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 Wellbeing service, please contact us at:

### Winchester Wellbeing Centre

01962 859012  
1 Priory Gardens, Parchment Street, Winchester,  
SO23 8AU

### Andover Wellbeing Centre

01264 33 22 97  
Westbrook Close, South Street, Andover,  
SP10 2BN



0845 790 9090 free phone 116123





### Perinatal mental health service

[www.southernhealth.nhs.uk/services/mental-health/adult/mother-and-baby/community-care/](http://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](mailto:recovery.college@southernhealth.nhs.uk)  
[www.southernhealth.nhs.uk/health-and-wellbeing/recovery/college/](http://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/](http://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](mailto:info@italk.org.uk)  
[www.italk.org.uk](http://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.



### 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: 01264 358 180

## 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](http://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): [rxx.hampshireautismsabp@nhs.net](mailto:rxx.hampshireautismsabp@nhs.net)

Email (ADHD): [rxx.hampshireadhsabp@nhs.net](mailto:rxx.hampshireadhsabp@nhs.net)

### Useful Websites:

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

NHS Choices [www.nhs.uk/pages/home.aspx](http://www.nhs.uk/pages/home.aspx)

Rethink [www.rethink.org.uk](http://www.rethink.org.uk)

Mind [www.mind.org.uk](http://www.mind.org.uk)

Bipolar UK [www.bipolaruk.org](http://www.bipolaruk.org)

Chrysalis [www.chrysalis-gii.co.uk](http://www.chrysalis-gii.co.uk)

Sane [www.sane.org.uk](http://www.sane.org.uk)

Bipolar UK [www.bipolaruk.org](http://www.bipolaruk.org)

British Psychological Society [www.bps.org.uk](http://www.bps.org.uk)