

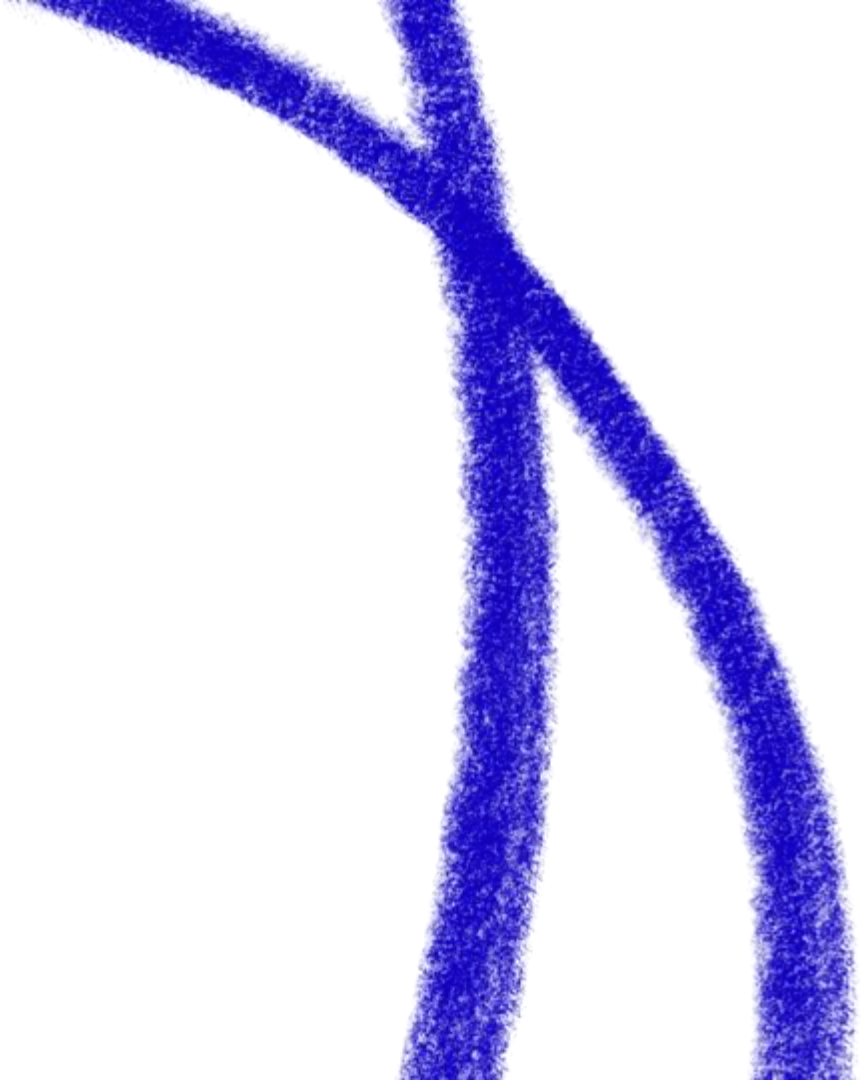


Doncaster Mind

Who we are

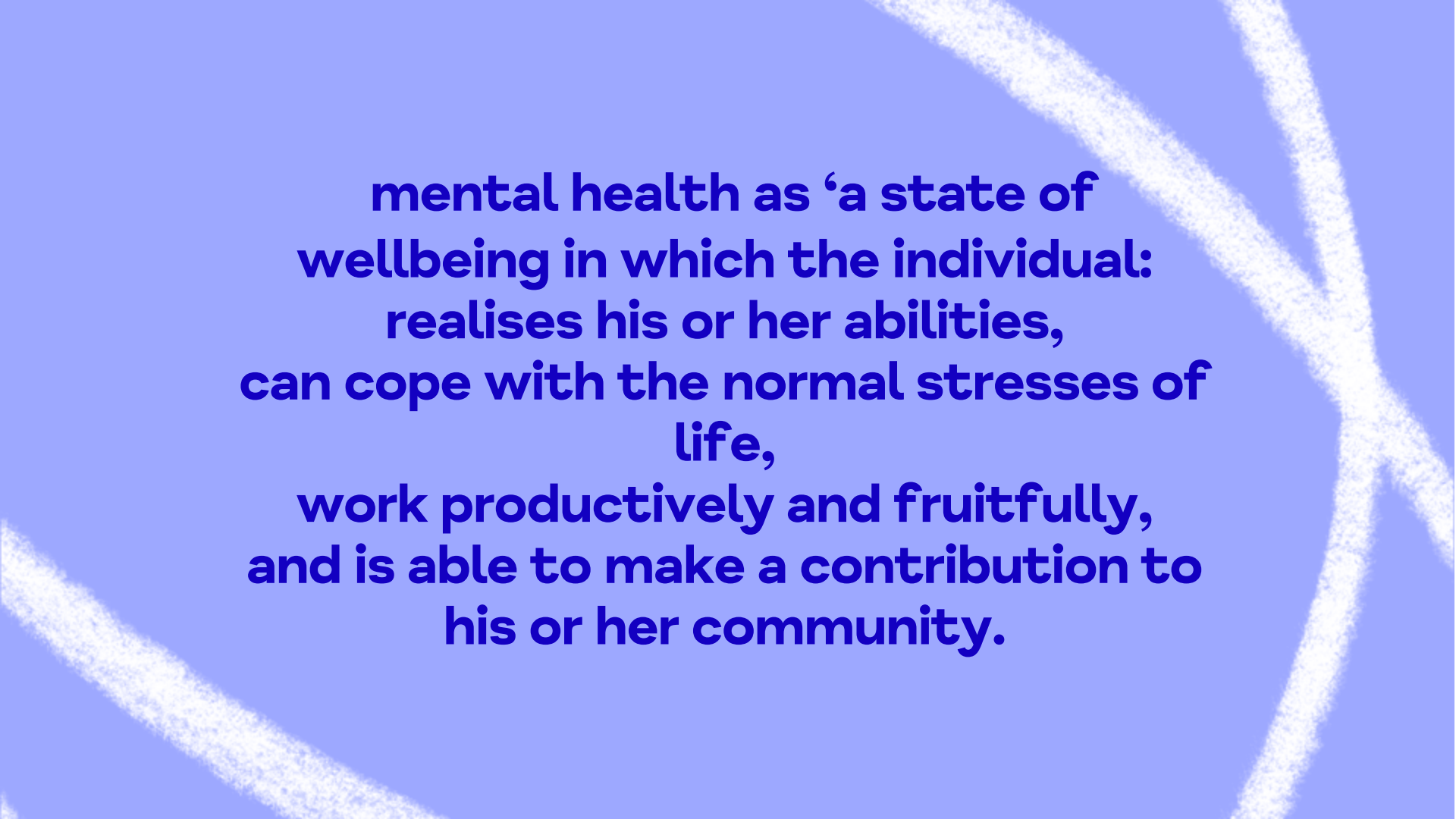
How we support

How to refer to us





- We are **NOT** a branch of National Mind- We are an affiliated member of the Mind Network
- We are an independent registered charity and company limited by guarantee
- This year we're celebrating 40 wonderful years of working with and supporting the people of Doncaster
- We believe that no one should have to face a mental health difficulty alone
- We won't give up until everyone experiencing a mental health difficulty gets the support they need and deserve



mental health as ‘a state of wellbeing in which the individual: realises his or her abilities, can cope with the normal stresses of life, work productively and fruitfully, and is able to make a contribution to his or her community.

1 in 4 people experience mental health issues each year

At any given time, 1 in 6 working-age adults have symptoms associated with mental ill health

70—75% of people with diagnosable mental illness receive no treatment at all

Wellbeing – 1-2-1 support

- Our 1-2-1 support is designed to give you the space to explore your thoughts and feelings in supportive setting.
- Sessions are weekly and time limited
- Support available:
 - Befriending
 - Mentoring
 - Counselling
 - Art Therapy
 - Bereaved by suicide



Wellbeing – guided learning

- Our workshops and courses run quarterly.
- Guided Learning sessions currently available:
 - Dealing with Anger
 - Getting to Know Anxiety
 - Confidence Boosting
 - More Resourceful Me
 - Mindfulness
- Guided Learning sessions last for 2 hours and run every week for 6 consecutive weeks.
- We deliver both online and face to face.



Wellbeing – groups

- Our groups all run on weekly basis
- Each group has a different focus to support your mental health and wellbeing
- Groups available:
 - Peer support group
 - Active peer support group
 - Gardening group
 - Crafternoon group
 - Shared reading experience group



Doncaster Mind HIU Service

- service responds to the needs of 'high intensity users' who frequently access services across Doncaster (repeated involvement with the Police, A&E, frequent calls to the mental health service, ambulance service or 111 or inappropriate use of services such as the GP or voluntary services).
- trauma informed, strengths based response to the mental health and well-being needs of individuals.
- Regular, tailored mentoring.
- The mentoring focuses on the collaborative management and recovery of mental health difficulties over the course of 24 sessions.



Young People In Mind – 1-2-1 support

- The one to one support we provide aims to improve wellbeing by working together with volunteer coaches and mentors to achieve meaningful goals and connect with others.
- Support is provided for up to 16 sessions and will support an individual to increase resilience, independence and coping strategies.
- For Young People aged 16 - 25



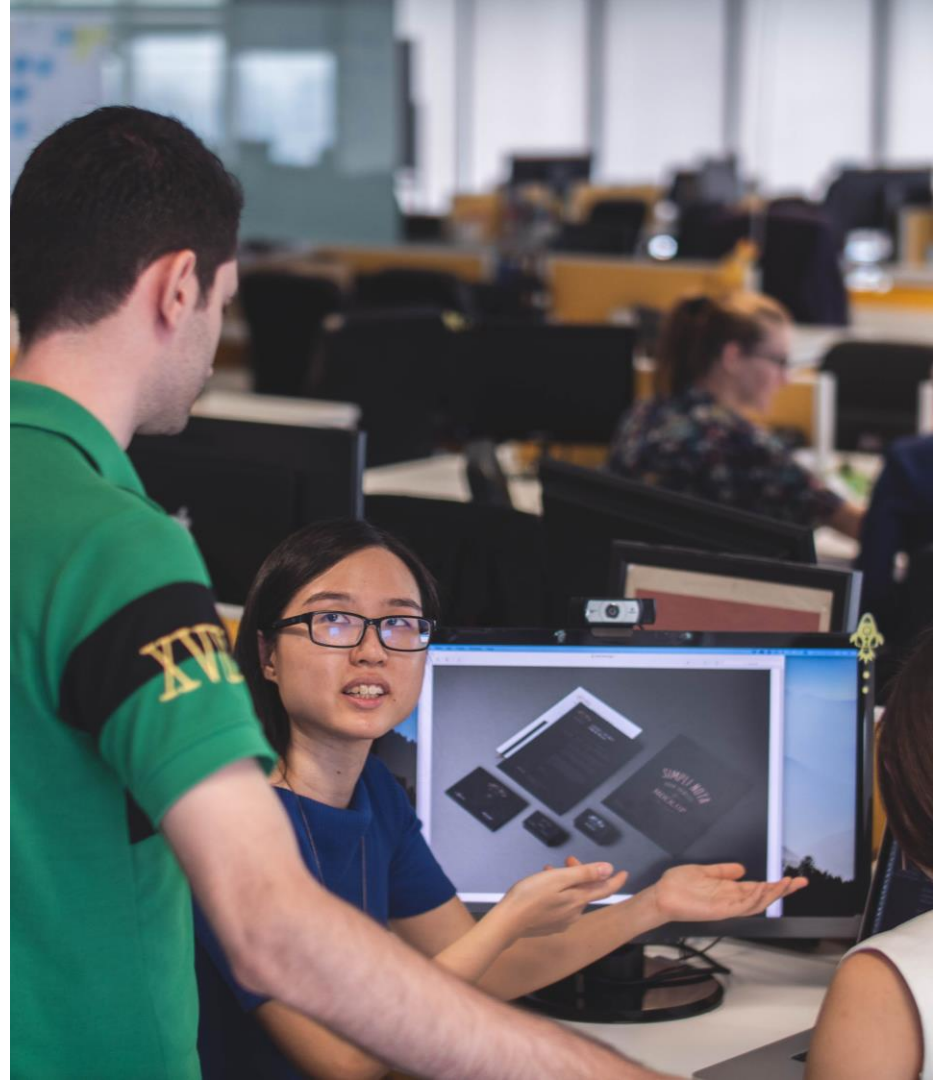
Young People In Mind - group courses

- Discovering My More Resilient Self Course explores the following:
 - increase our understanding around the topic of confidence
 - start work on improving how we see ourselves
 - how to embody the feelings of confidence
 - what is communication and how to communicate assertively
 - demystifying CV writing and job interview process
 - identify barriers to feeling confident
 - how to build resilience for future challenges
- We will meet once a week for 6 weeks in Doncaster Mind office
- For Young People aged 18 - 25



Corporate Services

- Metal Health First Aid
- Wellbeing/Mental Health Awareness
- Stress Awareness/Management
- Mindfulness
- Bespoke workshops to meet your unique needs.
- Mental Health Champions Club... because those who help and support others need support too



Who we can support

- Aged 16 and over
- Living in the Doncaster Area
- Who identify with mental health and wellbeing issues and wish to access support
- Self referral at www.doncastermind.org.uk or 01302 812190



How to refer?

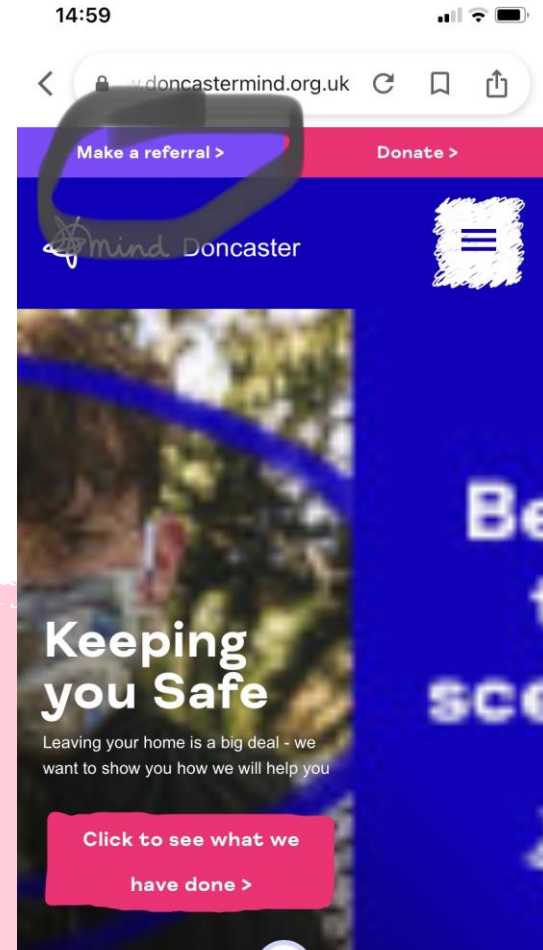
1. Go to our web page: www.doncastermind.org.uk
2. Click: make a referral button
3. Answer few questions
4. Submit

Alternatively give us a call on our office number

01302 812190

Leave us a voice message

We will get back to you as soon as we can





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to face mental
health difficulties
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www.doncastermind.org.uk

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