

As part of our holistic approach to supporting you to improve your Mental Health, we use the “Five Ways to Wellbeing”.

These 5 areas are known to improve mental health.

The areas are:

- **To Give**
- **Take Notice**
- **Connect**
- **Be Active**
- **Keep Learning**

Exploring these can help us create a goal together for you to work towards.

When making a goal, it’s good to remember what is important to you—this can be included in your plan to support your progress and can help when you feel low.

So think about it and make some notes below!

**What matters to you?**

**We are not a Crisis service. If you find yourself in need of immediate support, here are some contacts you can use:**

**24/7 NHS Mental health response line:** A free urgent mental health response phone line if you are worried about your own or someone else’s mental health.

Phone: **0800 038 5300**

**Samaritans:** 24/7 emotional talking support to anyone in distress or struggling to cope.

Phone: **116 123** Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Shout:** 24/7 free text service for anyone in crisis.

Text: **85258**

**SANEline:** out-of-hours mental health helpline offering emotional support, guidance and information. Open daily 4pm – 10pm.

Phone: **0300 304 7000**

**Childline:** Free, confidential service for anyone under 19 to talk and get help anytime.

Phone: **0800 1111**

**Papyrus HOPELINE:** support for young people (under 35) who are experiencing suicidal thoughts. 9am – midnight, daily.

Phone: **0800 068 4141** Text: **07860 039967**

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**Staying Safe website:** [www.stayingsafe.net](http://www.stayingsafe.net)

Useful Apps for phones:

**Kooth:** online mental wellbeing community

**StayAlive:** suicide prevention

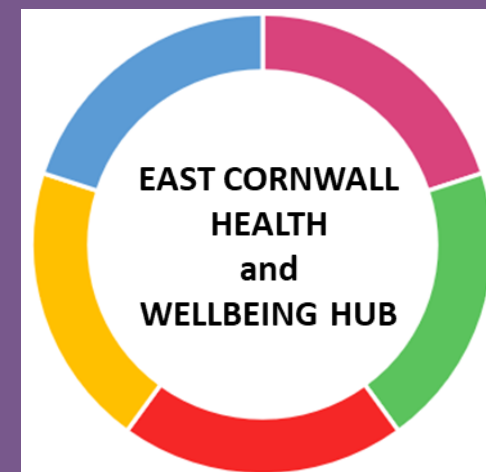
**distrACT:** information and advice about self-harm and suicidal thoughts.



# Mental Health Link Worker

East Cornwall

1:1 holistic support from a dedicated worker to support better mental wellbeing



Connecting people with services for better health and wellbeing.

Bell House, Church Street, Liskeard. PL14 3AG

# WHAT IS A MENTAL HEALTH LINK WORKER?

You can now get specialist support for your mental health needs with a Mental Health Link Worker.

We work with you on a 1-1 basis, taking time to explore ways to improve your mental wellbeing and helping you to develop your own goal to support your needs.

This can involve education around mental health as well as problem-solving to help you plan your own recovery.

This could mean linking you into a local service, group or other activities that will support your mental health needs, as well as support with coping mechanisms and self-care.

**Your local Mental Health Link Workers are:**

**Beverley Spence & Cara Higginson**



# WHAT SUPPORT CAN I GET?

- **6-8 Sessions of 1-1 Support with a Mental Health Link Worker.**
- **Exploring the Different Aspects of your life that are Impacting your Mental Health.**
- **Assess your Coping Mechanisms and Map your Support Network.**
- **Working with you to Create a Step-by-Step Self Care Plan.**
- **Emotional support to access groups, education and other activities.**
- **Linking you with local Community Agencies to meet your needs.**

In partnership with:



# HOW DOES IT WORK?

Anybody over 18 years old can use this service free of charge.

To find out more you can:

Contact the Health & Wellbeing Hub  
or  
Ask your GP, healthcare professional or any member of your surgery team to refer you.

You must be registered with one of the following surgeries (or linked branch surgeries) :

ROSEDEAN SURGERY, LISKEARD: 01579 343133

OAK TREE SURGERY LISKEARD: 01579 324252

PORT VIEW SURGERY, SALTASH: 01752 840115

SALTASH HEALTH CENTRE: 01752 842281

OLD BRIDGE SURGERY, LOOE: 01503 266960

QUAY LANE SURGERY, ST GERMAN'S: 01503  
230088

RAME GROUP PRACTICE, TORPOINT: 01752  
813277

