

Directory of Mental Health Services

Updated 27 October 2009

To update your information, please call Peter Purdie on 01275 546 754 or e-mail peter.purdie@nsomerset-pct.nhs.uk

STATUTORY SERVICES

Books on Prescription	Local GP surgery			These are available on request from your GP. A range of mental health self-management books that can be found at your local library.
Community Assertive Outreach Team	Long Fox Unit Weston General Hospital Grange Road, Uphill Weston-Super-Mare BS23 4TQ	01934 836470	Mon to Thurs 9.00am - 5.00pm Friday 9.00am - 4.30pm	Multi-disciplinary team that offers a specialist tertiary service to people with severe and enduring mental health problems in North Somerset. It manages the care and treatment of individuals who have had difficulty engaging with conventional services and who often present in crisis and chaos.
Community Mental Health Team – Adults	Coast Resource Centre Diamond Batch Locking Castle Weston-Super-Mare BS24 7AY	01934 523700	9.00am - 5.00pm Monday to Thursday 9.00am - 4.40pm Friday	Team provides assessment, treatment and intervention to people who are either experiencing an acute episode of mental health difficulties or have continuing health care/social needs due to their mental health difficulties. This team, together with the team in Woodspring, are the chief providers of care in the mental health service, working with complex and serious problems and providing continuity of care for service users.
Community Mental Health Team - Older Adults	Coast Resource Centre Diamond Batch Locking Castle Weston-Super-Mare BS24 7AY	01934 523600	9.00am - 5.00pm Monday to Thursday 9.00am - 4.40pm Friday	As above for older people

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STATUTORY SERVICES

Community Mental Health Team – Adults	Windmill House Windmill Road Kenn North Somerset BS21 6UJ	01275 335300	9.00am - 5.00pm Monday to Friday	Team provides assessment, treatment and interventions to people who are either experiencing an acute episode of mental health difficulties or have continuing health care/social needs due to their mental health difficulties. This team provides care in the mental health service, working with complex and serious problems and provides continuity of care for service users. The area covered includes Backwell, Long Ashton, Pill, Nailsea and other surrounding rural areas.
Community Mental Health Team - Older Adults	Windmill House Windmill Road Kenn North Somerset BS21 6UJ	01275 335300	9.00am – 5.00pm Monday to Friday	For people who are over 65 years or who present with an early onset dementia. Team provides assessment, treatment and interventions to people who are either experiencing an acute episode of mental health difficulties or have continuing health care/social needs due to their mental health difficulties. The tam provides care in the mental health service, working with complex or serious problems and provides continuity of care for service users. The area covered includes Backwell, Long Ashton, Pill, Nailsea and other surrounding rural areas.

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STATUTORY SERVICES				
Community Team for People with Learning Disabilities (CTPLD)	Partnership House Building 400 Worle Parkway Weston-super-Mare BS22 6WA	01934 427 600	8:45am - 5:00pm Monday to Friday	The CTPLD is a joint team made up of health professionals and Social Care Staff. The team provides assessments and interventions to people over 18 who have a learning disability. The area covered is North Somerset. Referrals are taken for the various professions to include: Social Work, Psychology, Psychiatry, Physiotherapy, Occupational Therapy, Speech and Language Therapy and Community Nursing.
Crisis Assessment and Treatment Team (C-A-T-S)	Long Fox Unit Weston General Hospital Grange Road, Uphill Weston-Super-Mare BS23 4TQ	01934 836467	9.00am–11.00pm Last Home Visit to end 10.00pm. 7 days a week 365 days a year.	Responds to psychiatric emergency referrals from GPs and Mental Health Workers. Offers alternatives to hospital admission and help with early discharge from hospital. Telephone support for referral clients and carers only. (Answer phone response within 4 hours maximum).
Early Intervention for Psychosis Team	Coast Resource Centre Diamond Batch Locking Castle Weston-Super-Mare BS24 7AY	01934 523 700	9.00am - 5.00pm Monday to Friday	The Early Intervention for Psychosis Team covers the whole of North Somerset. It provides specialist services for people between the age of 14 and 35 who are in their first episode of psychosis. It provides intensive support and treatment for up to 3 years for service users and their families. There is a strong emphasis on family work, maintaining social and vocational roles and uses psychosocial interventions. They also have a remit to monitor people who maybe at risk of developing psychosis. They also provide information and training about psychosis on request. The aim of this service is to reduce the impact of psychotic illnesses and reduce the duration of untreated psychosis as this has a significant impact on recovery

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STATUTORY SERVICES				
In-patient Team Cove Ward	Long Fox Unit Weston General Hospital Weston-Super-Mare BS23 4TQ	01934 836510	24 hours 365 days per year	Provides in-patient care to older people with organic mental illness
In-patient Team Dune Ward	Long Fox Unit Weston General Hospital Weston-Super-Mare BS23 4TQ	01934 836500	24 hours 365 days per year	Provides in-patient care to older people with functional mental illness
In-patient Team Juniper Ward	Long Fox Unit Weston General Hospital Weston-Super-Mare BS23 4TQ	01934 647084 HDU 01934 836482	24 hours 365 days per year	Provides in-patient care to individuals experiencing an acute phase of their illness.
Lansdowne Assessment and Treatment Unit	Blackberry Hill Hospital Manor Road Bristol BS16 2EW	0117 378 4690		Lansdowne Assessment and Treatment Unit is a specialist mental health service for people with learning disabilities. All referrals for admission to the inpatient unit will be via the community learning disability team in the potential service users' PCT area and will be planned through the care programme approach - in advance for elective admissions and within one week for an emergency admission.

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STATUTORY SERVICES				
New Horizons Mother and Baby Centre	Southmead Hospital Westbury-on-Trym Bristol BS10 5NB	tel: 0117 323 2266 fax: 0117 323 2294	24/7	Designated inpatient facilities for mothers with mental illness where their babies can accompany them.
Out-patient Clinic Weston	Coast Resource Centre Diamond Batch Locking Castle Weston-Super-Mare BS24 7AY	Adult: 01934 523 700 Older adult: 01934 523 600	9.00am - 5.00pm Monday to Friday	Provision of medical assessment, treatment and review for people referred to secondary or special mental health services as part of the integrated service delivery within the other teams. Adult & Older Adult out-patient and Community service.
Out-patient Clinic Woodspring	Windmill House Windmill Road Kenn North Somerset BS21 6UJ	01275 335300	9.00am - 5.00pm Monday to Friday	Provision of medical assessment, treatment and review for people referred to secondary or special mental health services as part of the integrated service delivery within the other teams.
PositiveStep	Coast Resource Centre Diamond Batch Locking Castle Weston Super Mare BS24 7AY	01934 523 783 Sarah Branton	9.00am - 5.00pm Monday to Friday	PositiveStep is a Primary Care Mental Health Service, office-based at the Coast Resource Centre and based out at GP surgeries in North Somerset to deliver a range of therapeutic inputs from guided self help, group work and computerised CBT with support to more in-depth CBT www.positivestep.net
Specialist Drug and Alcohol Service – North Somerset	47 The Boulevard Weston-Super-Mare BS23 1PG	01934 412273	9.00am - 5.00pm Monday to Friday	Range of services for people with drug and alcohol problems and dual diagnosis with mental health

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LOCAL SERVICES				
ARA Addiction Recovery Agency	38 Boulevard Weston-Super-Mare BS23 1NF	01934 415 376 Fax: 01934 613 420	Monday to Thursday 9.00am - 5.00pm Fri 9.00am - 4.00pm	Counselling, drop-in, day care, primary health care, Criminal Justice Interventions Team. Drug treatment and testing orders and response to arrest referrals. Probation referrals to alcohol misuse services.
ARA Addiction Recovery Agency	31 Alexandra Parade Weston-super-Mare BS23 1QZ	Call office on number above	Mon, Tue, Wed 9.00am - 5.00pm Thu 9.00am - 7.30pm Fri 9.00am - 4.00pm Sat 10.00am - 1.00pm	Needle exchange, Direct Access Service (no appointments needed), Assessments and Brief Interventions Therapy Service
Advocacy Project - FRIEND	39a Oxford Street Weston-Super-Mare BS23 1TN	01934 622 292	Monday to Friday 9.30am - 5.00pm	Advocacy service for all persons suffering mental distress, available in the community and on the ward.
Alzheimer's Society	Ebdon Court Trenleigh Drive Worle Weston-Super-Mare BS22 6LT	01934 514 977 (When no-one is in the office there is an answer machine)	Office Hours: Mon 9.00am - 3.30pm Tue 9.00am - 4.00pm Wed 9.00am - 3.30pm Thu 9.30am - 4.00pm Fri 9.00am - 4.00pm	Support, education, information & befriending services primarily for service users and carers related to persons suffering from Alzheimer's and other forms of dementia.
Battle Against Tranquillisers	PO Box 658 Bristol BS99 1XP	0117 966 3629	Telephone Help Line 0117 966 3629 9am to 8pm 7 days per week	Support groups, home visits and drop-in. Advice and information. Working with service users to lessen the harm caused by benzodiazepine and similar tranquillisers and sleeping pills (prescribed or illicit use).

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LOCAL SERVICES				
Black and Minority Ethnic Forum North Somerset	Badger Centre 3-6 Wadham Street Weston-Super-Mare BS23 1Y	01934 414 455 (SREC, NS)	Quarterly meeting	SREC (North Somerset) host a quarterly BME forum. Call for details.
Brunelcare incorporating Dementia Care Trust	1 Britannia Way Clevedon North Somerset BS21 6QH	Respite and Domiciliary Care 01275 879 547 Counselling 0117 952 5325	Monday to Friday 9.00am – 5.00pm	Respite care at home, Domiciliary Care, Luncheon Club Leaflets and information readily available. Counselling service available for people with dementia and carers.
Brunelcare Community Services	Strode Road Clevedon From mid September 08 (Currently running from the office address)		Monday to Friday – 10.00am - 3.00pm	Particularly aimed at isolated people, people with depression and those with mobility problems.
Brunelcare Community Services	Locking Castle Church Jasmine Way Worle Weston-super-Mare BS24 7BW		Monday to Friday 10.00am - 2.00pm	Day Centre Activities and lunch. Particularly aimed at isolated people, people with depression and those with mobility problems.

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Brunelcare Community Services	Windmill House Windmill Road Kenn Clevedon BS21 6UJ		Monday to Friday 10.00am – 3.00pm	Particularly aimed at people with dementia.
Brunelcare Community Services	Day Centre Pembroke Court Elton Road Clevedon		Wednesday 10.00am – 12.00noon	Coffee morning
Carr-gomm Society	Green Dragon House 3 rd Floor 64 – 70 High Street Croydon CR0 9XN	Jemila Ellis 0208 253 8591 is the first point of contact. She will signpost to relevant local contacts	9.00am – 5.00pm Monday to Friday	Supported housing for people with Mental Health, Learning Difficulties or Drug & Alcohol problems. 8 shared rooms plus 1 'move-on' flat and 9 'floating' support service places. Email: infowest@carr-gomm.org.uk
Citizens Advice Bureau Mental Health Welfare Rights Service	The Badger Centre 3 – 6 Wadham Street Weston-Super-Mare BS23 1JY	01934 836 201	9.00am - 4.30pm Monday to Friday	Advice and information service provided and accessed by people with Mental Health difficulties. Assistance with filling in local authority forms. Various locations throughout North Somerset.

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LOCAL SERVICES

Crossroads Care Centre North Somerset	The Carers Centre 1 Graham Road Weston-Super-Mare BS23 1YA	01934 411 855	9.00am - 4.00pm Monday to Friday	Services for all carers: information, advice, support, free counselling, carers' days out. Services for young carers: one to one support, trips and outings, group support. Care scheme giving practical support and respite/short breaks. Volunteer scheme. Carers emergency response scheme: free service for carers to register. http://www.nscrossroads.org.uk/
Cruse Bereavement Care	Bristol and District Area 9a St James Barton Bristol BS1 3LT	Bristol & W-s-M 0117 926 4045 West Mendip 01749 347 625	Day by Day helpline 08444 779 400 9.30am – 5.00pm Monday to Friday	1 to 1 counselling and support for people in bereavement – daytime, evenings and weekends as arranged. e-mail: helpline@cruse.org.uk web: www.cruse.org.uk
Education & Training Consortium North Somerset	The Carlton Centre Carlton Street Weston-Super-Mare BS23 1UA	01934 426 442	Monday to Friday 9.00am - 5.00pm	Providing training and education opportunities enabling access to employment and further social inclusion in the community. info.nsetc@n-somerset.gov.uk
FRIEND Community Mental Health Resource Centre	39a Oxford Street Weston-Super-Mare BS23 1TN	01934 622 292	Office Hours Monday to Friday 9.30am - 5.00pm	Social contact, education and leisure, advice and information, advocacy, support groups, holistic therapies, men's groups, women's groups, Borderline Personality Disorder group.

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LOCAL SERVICES				
FRIEND in Clevedon	69 Old Street Clevedon BS21 6BT	01275 342 368	Mon, Tue and Fri 12.00pm - 4.00pm	Drop-in. Hot & cold drinks. Holistic therapies/massage, art & craft groups, use of computer and internet, information, social events. Access and referrals to Friend's advocacy services. Links with Friend in Weston-Super-Mare and with other groups.
Kaleidoscope	PO Box 1083 Nailsea Bristol BS48 2YL	01275 853 960	Meets 3 rd Wednesday of each month 2.30pm - 4.30pm	Mental health forum and support group for anyone who experiences mental distress and carers. Meetings alternate between Youth House, 65 High St., Nailsea BS48 1AW and Town Council Offices, 42 Old St., Clevedon BS21 6BU www.kaleidoscope-mentalhealth.org.uk
MDF The Bipolar Organisation (Bristol)	Holy Trinity Church Clifton Vale Road Hotwells Bristol BS8 4ST	08454 349 776	7:30 – 9:30pm 1 st Monday of the month (where this falls on a bank holiday, the meeting will be held on the following Monday)	Self-help group. Friendly and supportive atmosphere, providing information about the illness and self-management suggestions for sufferers and supporters. Guest speakers followed by group sessions. Separate carers' group at the same time. www.mdf.org.uk

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LOCAL SERVICES				
MDF The Bipolar Organisation (Weston)	c/o Friend 39a Oxford Street Weston-Super-Mare BS23 1TN	0845 4349915	3 rd Tuesday of the month 7.30 – 9.45pm	Self-help group. Friendly and supportive atmosphere, providing information about the illness and self-management suggestions for sufferers and supporters. Topics and group sessions. Separate carers' group at the same time. www.mdf.org.uk http://westonmdf.wordpress.com
Samaritans (The Director)	137a High Street Weston-Super-Mare BS23 1HN	01934 632 555 National Tel No. 0845 790 9090	24 hours a day 365 days a year	Samaritans are available 24 hours a day to provide confidential emotional support for people experiencing feelings of distress or despair, including those which may lead to suicide. www.samaritans.org.uk
Second Step Bristol	9 Brunswick Square Bristol BS2 8PE	0117 909 6630	9:00am – 5:00pm Monday to Friday	Supported housing services
Second Step Weston	1 Swiss Road Weston-Super-Mare BS23 3BA	01934 645 999	9:00am – 5:00pm Monday to Friday	Support for people in temporary accommodation Floating support service Intensive tenancy support Supported housing
The Two Way Street	P.O. Box 1174 Bristol BS99 2PQ	Rachel Barclay or Tim Douglas 0117 914 1234 07780 720 952		A project to help include BME service users in consultation and involvement forums. We hope to inform local health service providers how best to deliver services to us.

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REGIONAL SERVICES

Chinese Mental Health Association (CMHA)	2 nd Floor Zenith House 155 Curtain Road London EC2A 3QY	0845 122 8660 f: 020 7739 6577		To preserve and primarily safeguard the mental well-being of Chinese people in the UK. Provision of mental health information in Chinese. User Self Advocacy, Befriending, Counselling, Helpline, User Social Group, Information and Advice. www.cmha.org.uk
Somerset Racial Equality Council (SREC)	PO Box 75 Somerton TA11 9AR	01458 274 200 f: 01458 272 233	10.00am – 5.30pm Monday to Thursday 10.00am – 4.00pm Friday	To work with organisations in North Somerset to eliminate racism and racial discrimination; promote equal opportunities and good community relations in line with the Race Relations (Amendment) Act 2000. For more information contact: Elvis Johnson-Idan, Racial Equality Officer for North Somerset.