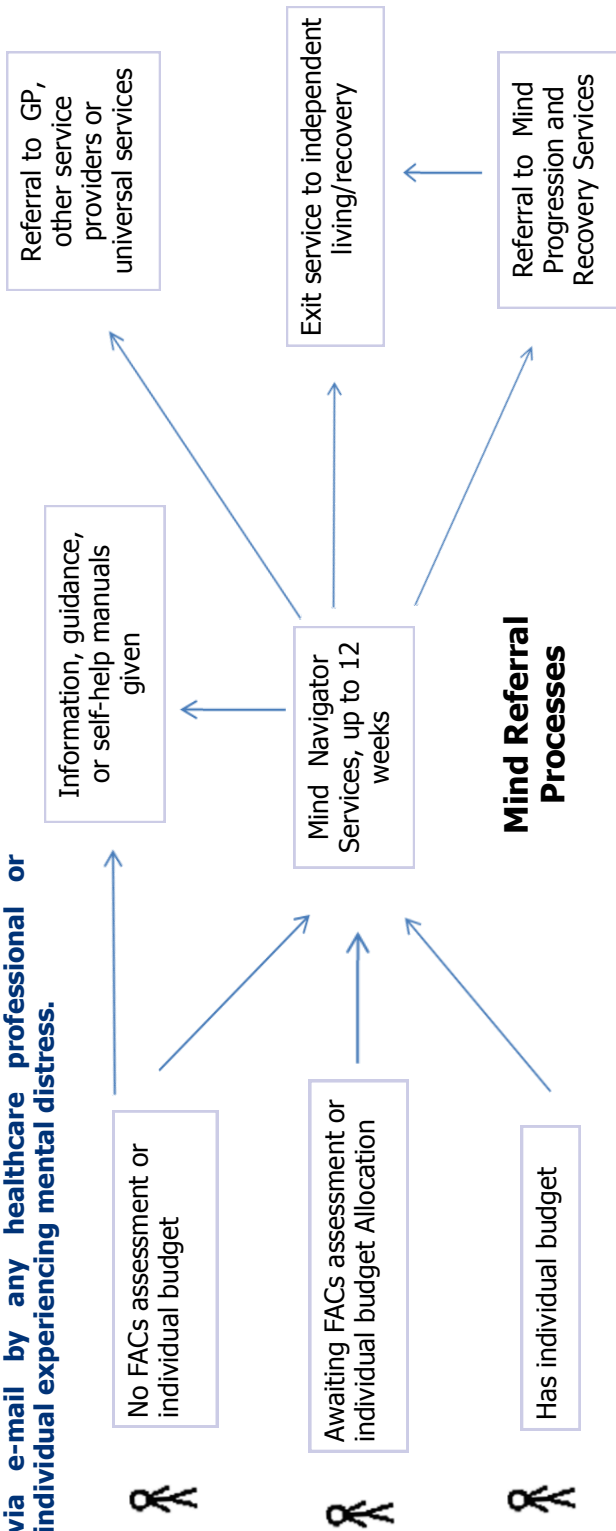


Referrals can be made in writing, by telephone or via e-mail by any healthcare professional or individual experiencing mental distress.



### About Mind in Northampton

Northampton and District Mind is a registered charity affiliated to national Mind, with services based in Northampton, Daventry, Brackley, Towcester, and South Northants

We aim to promote and support good mental health through the provision of a range of services which encourage individual progression, development and recovery. Our aims are:

- **Recovery:** To deliver high quality and appropriate services for people who experience mental ill health, promoting recovery, independence and integration at all times.
- **Inclusion:** To facilitate and support community integration and participation for people who experience mental health problems.
- **Awareness:** To raise awareness of mental health; to challenge the stigma associated with mental illness; and to promote and support positive mental health.

We're here to make sure anyone with a mental health problem, their friends, or their families have somewhere to turn to for information, and support.

### Contact Details

Northampton and District Mind  
6/7 Regent Square  
Northants  
NN1 2NQ



T: 01604634310/624951  
[E-mail: [mindadmin@btconnect.com](mailto:mindadmin@btconnect.com)]



## Service Leaflet for Referrers

Phone: 01604 634310

## Mind Navigator Service

A Secondary prevention/early intervention service that aims to identify people at risk and to halt or slow down any deterioration and actively seeks to improve individual's situations. The service is free at point of access and available for up to 12 weeks.

### Comprised:

Up to an hour long 1-1 exploratory meeting to identify and explore presenting problems or difficulties

### Outcome:

Signposted on;  
Information or guidance given; or  
Offered service

### If service is offered:

Creation of a 'travel log' of services/activities to be accessed for up to 12 weeks to aid individual progression and recovery

Access to agreed Recovery and Progression Services and activities or Social Inclusion and Community Access Services (see below)

Mutual review and evaluation at agreed time

### Outcome:

Exit service to independent living  
Agree any further work to be undertaken

### Eligibility:

People with common mental health problems  
People experiencing a mental health relapse  
People not in receipt of an individual budget  
People awaiting FACs assessment

## Recovery and Progression Services and Activities

Tertiary prevention and progression services aimed at minimizing disability or deterioration from established mental health conditions or complex social care needs, and supporting individual progression, development and recovery. Free at point of access for some, charges apply for those in receipt of an individual budget.

### Comprised:

**Self-management courses (6 -12 weeks) for coping with:**

Depression  
Anxiety  
Low Self Esteem  
Lack of Confidence  
Anger  
Lack of Assertion  
Life Stresses  
WRAP training course  
Mood Master™ Groups

### Practical Support to assist:

Form-filling  
Debt management/Budgeting  
Access to work, education, or training  
Daily Living Skills  
Staying independent  
1-1 Advocacy  
Support Brokerage

### Social Inclusion/Community Access Services to support access to:

Local recreational and community facilities  
Faith communities  
Improved quality of life

### Peer Support Services to:

Access mutual support  
Develop social networks and confidence

## Supported volunteering, educational & employment services to access:

Educational groups (Maths, English & IT)  
Vocational training  
In-house supported volunteering opportunities  
Support to obtain and maintain external volunteering roles  
Support to obtain or retain paid employment

## Health and Well-being groups to access:

Weight management groups  
Smoking cessation groups  
Health walks  
Tai chi classes  
Line dancing classes  
Swimming classes  
Gym attendance  
Healthy eating groups  
Libraries as health information points

## Gender sensitive groups to access:

Support with gender specific issues  
Gender specific activities

## Young Peoples Services

Casework Service  
Groupwork  
In-reach into schools and secure units

## Eligibility:

People with severe and/or enduring mental health problems  
People experiencing a relapse  
People not in receipt of an individual budget  
People awaiting FACs assessment  
People in receipt of an individual budget  
In-patients preparing for discharge  
Young people (16-25 years) with complex needs