

WHAT DO WE DO?

The Primary Care Mental Health & Wellbeing Service offers brief therapeutic interventions for mild-moderate anxiety and depression. There are many other services and groups, some of which may be specific to your difficulty and therefore helpful for you.

WORKSHOPS & COURSES

People referred to the PCMHWS are able to attend workshops and courses. Please contact the email or phone number on your PCMHWS letter for more details.

Mindfulness introduction - 2 sessions of 1 hour

CBT Skills for Anxiety workshop – 2.5 hours

The Decider Life Skills workshop – 2.5 hours

Assertiveness workshop – 2 sessions of 1 hour

Mood Boost workshop – 2 hours

Stress and Worry workshop – 2 hours

Self Esteem workshop - 2 hours



SELF HELP ONLINE

Self Help resources and information

www.get.gg/selfhelp.htm

Click on the name of the problem, then read / work through the self help guide. You can print off worksheets and leaflets.

Guided Self Help mp3s

www.get.gg/clients

download them to your phone or computer. You will be prompted for the username and password:

Username: pcare

Password: 707744

Guernsey Dandelion Project

Some great self help videos on youtube

Self Help Booklets from CCI

www.cci.health.wa.gov.au/resources/consumers.cfm

Self Help Booklets from NTW NHS

www.ntw.nhs.uk/pic/selfhelp/

Self Help Smartphone Apps www.get.gg/links2.htm

Self Help online programmes www.get.gg/links2b.htm

The links and information on this page are also available at www.wellbeing.gg

Find other Guernsey agencies and voluntary groups at www.get.gg/guernsey.htm or Guernsey Mind: www.guernseymind.org.gg/local-services/

The Primary Care Mental Health and Wellbeing Service

Tel: 707744



LOCAL SOURCES OF SUPPORT

General

Health Promotion Unit www.gov.gg/

healthyliving run the 5 ways to wellbeing course, Walking for Health, and also offer 4 free sessions with a Health Trainer to help you make healthy life changes (e.g. exercise, smoking, eating well, weight management) Tel: **707311**

Guernsey Mind runs the Hope Choir, Walking in Mind (Tuesday lunchtime mindful walk for town office workers) and Walk and Talk (Wednesday morning social walk on the coast), and Cares in Mind course. Mind can also signpost to other local services

www.guernseymind.org.gg Tel: **722959**

Beau Sejour offers exercise on prescription with their **Life Fit** programme Tel: **747238**

L'Vair run a support drop-in for mental health clients: www.lvair.org.gg

Guille-Alles Library

Reading Well self help books

www.library.gg/reading-well-books 720392

Citizens Advice Bureau for general support enquiries including debt and legal advice

www.cabguernsey.org Tel: **242266**

Meditation sessions (free) 5.30-6pm Thursdays at Moore's Hotel, with The Art of Living Tel: **251226** or **07781448319**

www.facebook.com/theartoflivingguernsey

Support for specific problems

Guernsey Bereavement Service

www.guernseybereavementservice.com Tel: **257778**

Relate: Relationship Counselling

www.relate.org.gg/ Tel: **730303**

Guernsey Alcohol Advisory Service

www.gaas.org.gg/ Tel: **723255**

Drug Concern

www.drugconcern.org Tel: **729000**

Guernsey Welfare Service for financial problems

www.guernseywelfare.com Tel: **711847**

Guernsey Postnatal Depression Support Group

www.guernseypnd.org Tel: **520657**

Liberate for LGBTQ support

www.liberate.gg Tel: **243426**

Victim Support

victimsupportgsy@cwgsy.net Tel : **713000**

Young people and families

The HUB offer support to young people

www.thehub.gg

Txt **07781 122 959** or call **724 421**

Wigwam offer support for families of children and young people with special needs

www.wigwam.org.gg Tel: **521678** or **07839 121678**

Home Start for parenting support

www.home-startguernsey.org.gg Tel: **720382**

Study, Employment & Social

University of the Third Age for activities and groups
www.u3asites.org.uk/guernsey Tel: **07781 193333**

Work Rehabilitation Scheme

for support in getting back to work Tel : **732500**

Guernsey Employment Trust for support in finding employment www.get.org.gg Tel: **247999**

Volunteering opportunities www.volunteer.gg

Workers Education Association for various courses or local interest groups www.wea.org.gg Tel: **237888**

Guernsey College of Further Education

offer day and evening classes

www.guernseycollege.ac.gg Tel: **737585**

Accessing Alternative Therapy / Counselling

Phillippi Counselling

www.philippi.org.gg Tel: **07781 130 523**

Guernsey Health Trainers offer 4 free sessions looking at specific healthy life changes

www.gov.gg/healthyliving Tel: **707311**

HR & Occupational Health Departments: Ask your employer about their wellbeing packages which may include therapy access

Private health insurance schemes often provide access to private therapists

See Guernsey Directory Yellow Pages listings for private Counsellors-Psychologists-Psychotherapists