

## Mental Health Support

### Internal:

The council can offer up to 6 free sessions with a counsellor as part of our wellbeing support offer.

A referral can be made as follows:

#### Staff member from a district Council

Manager completes attached Choose Occupational Health form and sends directly to Choose Occupational Health for the referral to be made.

#### Staff member from ex-County/on Cumberland contract

Manager makes a referral by using the online portal. [Occupational Health | Cumberland Council](#) which can be found on ex-county In-Touch site which all staff have access to.

### External:

**NHS Crisis Resolution and Home Treatment Team (CRHT) Cumbria**

[Crisis Resolution and Home Treatment Team \(CRHT\) - West Cumbria - CNTW252 - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust](#)

The Crisis Resolution and Home Treatment Team (CRHT) provides assessment and support for people experiencing acute mental health distress and their carers. The team, made up of different health professionals, can support people at acute hospitals, in their own home, at GP surgeries and police stations.

If you are experiencing a crisis, the service can provide:

- a mental health assessment, including Mental Health Act assessment where necessary
- advice and support
- finding the right support for you
- support for those who care for you.

**Who is the service for?**

The service is for adults of all ages and young people, who are needing to speak to someone urgently about their mental health. Service users who are an inpatient in one of the acute hospitals could also be referred by the medical team involved in their care. Carers can also contact the service with urgent concerns. There is a single referral line.

**The service can be contacted on 0300 123 9015 or freephone 0800 652 2865**

There is a text number for people who are Deaf and/or have communication difficulties: 07795 656 226



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[NHS North Cumbria Talking Therapies - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust \(cntw.nhs.uk\)](#)

**NHS North Cumbria Talking Therapies** is the new name for First Step and has been changed as part of a national rebrand. It offers the same effective psychological therapies for mild to moderate depression and anxiety disorders (e.g. Phobias, Post Traumatic Stress Disorder, Panic Disorder, Social Anxiety, Generalised Anxiety Disorder, Health Anxiety, Body Dysmorphic Disorder and Obsessive Compulsive Disorders).

Employees can make a referral themselves using the referral form or alternatively, a referral can be made via a GP.

[MindLine Cumbria](#)

**MindLine Cumbria** is delivered in partnership between Carlisle Eden Mind, Ulverston Mind, Mind in Furness.

We're Mind, the mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now. We're on your doorstep, on the end of a phone or online. Whether you're stressed, depressed or in crisis. We'll listen, give you support and advice, and fight your corner. And we'll push for a better deal and respect for everyone experiencing a mental health problem.

**Contact: 0300 561 0000 for help and support.**

[Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club \(andysmanclub.co.uk\)](#)

**ANDYSMANCLUB** are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation. #ITSOKAYTOTALK

There are clubs locally in Carlisle, Cockermouth and Maryport.

**Samaritans: Link to page: [Samaritans.org](https://www.samaritans.org).**

If you need to talk to someone urgently the **Samaritans** are available 24/7 on 116 123 or online using the link on the left.

<b>Able Futures</b>	<p><a href="#">Absence, health and wellbeing   Cumberland Council</a></p> <p>We have now partnered with Able Futures who deliver the Access to Work Mental Health Support Service, providing a wide range of mental health support services delivered by qualified health care professionals. The service is confidential, fast and flexible and is available over the phone, through email and face-to-face meetings.</p> <p>Contact Able Futures and speak to a mental health professional about whatever is playing on your mind at work:</p> <ul style="list-style-type: none"><li>• <a href="#">Able Futures website</a></li><li>• Email: <a href="mailto:hello@able-futures.co.uk">hello@able-futures.co.uk</a></li><li>• Call their Freephone number <b>0800 321 3137</b> (8am to 10.30pm, Monday to Friday)</li></ul>
<b>Trade Union</b>	<p>If you are a member of a Trade Union as part of your membership offer, there are a wide range of benefits that are available. Please see your Trade Union website for further details or speak to a representative.</p>