

Useful contacts

WAND Devon-wide mental health support line 0808 800 0312

NHS Direct 24-hour national health line 0845 4647

Emergency Duty Team local out of hours social care crisis service 0845 6000 388

SANELINE national mental health helpline 0845 767 8000

PALS patient advice and liaison service 0800 0730741

Devon Advocacy Service for mental health service users 01884 257070

Relative and carer support in Exeter 01392 204498

Exeter Community Mental Health Team 01392 208900

Sexual Abuse Line Devon-wide listening service 0808 800 0188

Citizens Advice Bureau 01392 201210

SAMARITANS helpline for anyone in crisis 08457 90 90 90
01392 411711

Recovery and Wellness information
www.recoverydevon.co.uk
www.wellnessdevon.co.uk

How to contact us

Charlotte Hubbard, Fieldworker
Exeter Mental Health Service User Project
Exeter CVS
Wat Tyler House
King William Street
Exeter EX4 6PD

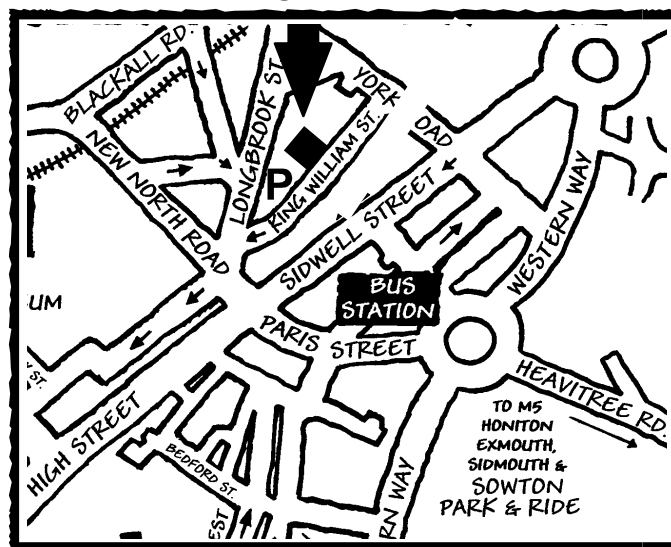
Tel: 01392 201218

Fax: 01392 202054

Email: charlotte.hubbard@exetercvs.org.uk

How to find us

We are just behind the St Sidwell's Centre on King William Street



Exeter Council for Voluntary Service
Registered Charity No 1100990
Company Ltd by Guarantee No 4928733

Exeter Mental Health
Service User Project

EXETER MENTAL
Service User
Group
HEALTH

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CVS

Exeter Mental Health

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Enabling people in Exeter to have their say on mental health issues.

Tel: 01392 201218

Who is the project for?

The Exeter Mental Health Service User Project at Exeter CVS is open to **anyone** in the Exeter area who has, or has recently had, personal experience of mental health issues .

You may be in touch with health or social care services about your mental health.

For example:

- ◆ Your GP
- ◆ A mental health worker
- ◆ Day services
- ◆ Inpatient services

If you would like to use your experience to make a difference to mental health services we want to hear from you.

• If mental health matters to you
• come and join us and
• get involved!

What does the project offer?

- ◆ Open access/self referral
- ◆ Information
- ◆ An independent listening ear
- ◆ Opportunities to have your say and become more actively involved
- ◆ Support and training
- ◆ Regular meetings
- ◆ Reaching out to people locally in hospital, residential care and day services to hear their views.
- ◆ Taking your views forward to those that plan and provide mental health services
- ◆ Influencing change
- ◆ Support for collective and self-advocacy

• Your details will remain
• confidential to the project.

The Service User Group

The Service User Group (SUG) meetings are run for and by the members with the help of the Fieldworker and Admin. Assistant.

They meet twice a month :

◆ **SUG formal meeting** (second Friday of the month) a chance to find out more about mental health service plans, opportunities to get actively involved and have your say.

◆ **SUG open forum** (fourth Friday of the month) an informal meeting with more time for people to raise their own issues and share views with invited guests.

Both meetings take place 10.30—1.00, Wat Tyler House, King William Street, Exeter (see map on reverse of leaflet)

Notes and information from the meetings are widely distributed

SUG members are actively involved in:

- ◆ Staff interviews
- ◆ Staff training
- ◆ Service plan-

• New members are always welcome
• Light refreshments provided
• Travel expenses paid