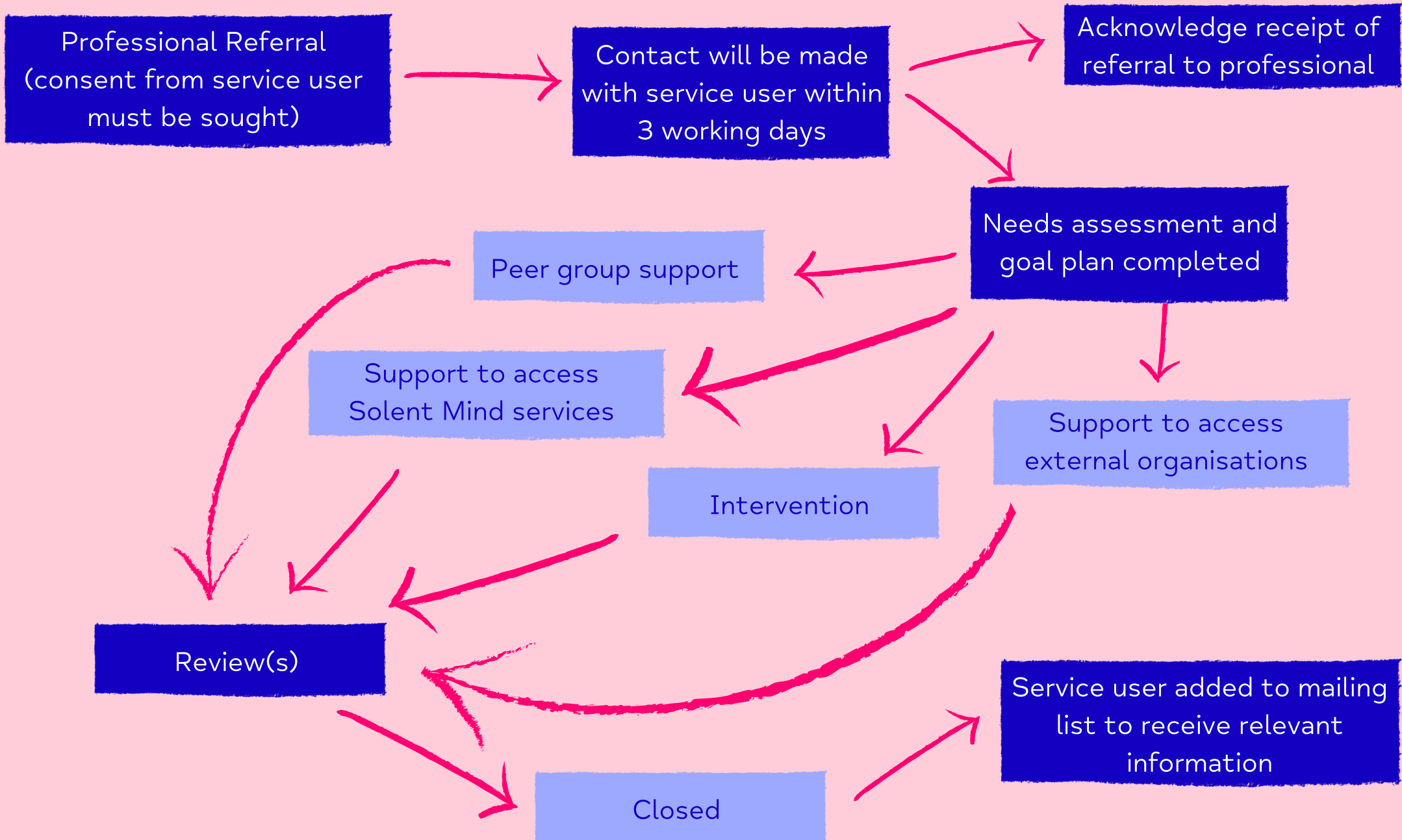


How does it work?





Referral Criteria

They have a serving family member in the Royal Navy or Royal Marines

They live in Gosport, Fareham, Portsmouth or Isle of Wight

They are 18+

(If their family member is part of another service please contact directly to discuss)

Contact:

anchoringminds@solentmind.org.uk

Why refer?

To support emotional wellbeing

Service user requires help to navigate support specifically for naval families or from relevant civilian organisations

To support mobile families with transition in/out of area (for example, if awaiting/receiving support from an IAPT service in a different area)

To support access to mental health services



Anchoing Minds

Wellbeing support for families of
serving naval personnel