

Useful Numbers

Portsmouth Mental Health Crisis Team

Out of hours service for people under secondary mental health services:
0300 123 3924

ICM (Intensive Care Mangement)

For people under secondary mental health services: Monday - Friday, 9am - 5pm except bank holidays:
0300 123 3921 (and ask for ICM)

Carers Centre

Emotional support, carers' breaks, sitting service, training and support for young carers and adult mental health carers:
Open Monday - Thursday, 9am - 5pm, Friday 9am - 4.30pm and Saturday Café 10am - 2pm:
0239 285 1864
carerscentre@portsmouthcc.gov.uk
117 Orchard Rd, Portsmouth PO4 0AD

Helplines:

NHS: 111 service, available 24/7

Samaritans: 116 123, available 24/7

SANEline: 0300 304 7000, 4.30pm - 10.30pm, available every day of the year

Mind Infoline: 0300 123 3393, available 9am - 6pm, Monday - Friday (except bank holidays)

The Community Peer Recovery Team is part of Solent Mind's Portsmouth Support and Recovery Service, a unique working partnership with Solent NHS Trust that helps people in Portsmouth receive both clinical and recovery-led mental health support.



We're Solent Mind, Hampshire's leading mental health charity. We're here to make sure that anyone with a mental health problem has somewhere to turn for advice and support.

Find out more at:

 www.solentmind.org.uk

    @SolentMind

Registered Office:
Solent Mind, 15-16 The Avenue, Southampton, SO17 1XF

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Community Peer Recovery Team

Goal-focused, personalised support for those starting their recovery journey in Portsmouth.



Recovering from a period of poor mental health can feel overwhelming when there are obstacles to navigate and multiple steps to gaining back your independence.

Our Community Peer Recovery Team (or CPRT for short) can offer you help to set manageable short-term goals and access the support you need to control your own recovery journey.

Our support is special because our staff have their own experiences of living with a mental health issue. As well as practical advice, we can share our own stories, provide understanding and hope and become a role model in your time of need.

Our short term support could help you:

- implement recovery-focused Goal Plans
- access community based resources such as Wellbeing Centres, advice services or social activities
- navigate specialist help such as employment services
- maximise your access to housing or benefit support
- manage practical issues such as attending tribunals or writing letters
- support you in your own home and help you maintain independent living arrangements.

Community Peer Recovery Practitioners and service users form a unique working partnership. Here are some terms and commitments that both parties make:

Community Peer Recovery Practitioners are unable to accept or give gifts to or from service users, including drinks, food, money or presents.

If you are unable to attend an appointment, you must let your Practitioner know at least 24hrs in advance (unless there are exceptional circumstances.)

You can contact them on their work mobile or leave a message at St Mary's Hospital on 0300 123 3921.

If you arrive late for your appointment, your session will still end on time, as your Practitioner will have other appointments after yours.

Any appointments missed without good reason will be counted as a session. If you continuously miss appointments, your support from us may stop.

If you have any questions about your support, please speak to your Community Peer Recovery Practitioner.

My Community Peer Recovery Practitioner is:

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Telephone number and working hours:
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