

## Media Release

09 October 2017

### **This World Mental Health Day – what help is available for you or your loved ones?**

One in four people will experience problems with their mental health during their lives. On World Mental Health Day (10<sup>th</sup> October), Mid Essex Clinical Commissioning Group (CCG) is reminding people about the help available locally.

For some, stress at work, money worries or relationship troubles could become overwhelming and leave people in need of help. Others have underlying issues that may require support. The 'Health in Mind' service provides access to a wide range of talking therapy for problems, including depression, anxiety, post-traumatic stress disorder and long term conditions.

Treatment sessions may be by phone, online, in groups or face-to-face. Primary treatment options are based on Cognitive Behavioural Therapy (CBT), which is a structured therapy where individuals work on changes to patterns of thoughts and behaviours to help them attain their goals. You can access this service via:

- Completing a secure e-form (available at <http://bit.ly/1cxs9s6>)
- Pick up a self-referral form from your GP surgery or ask your GP to refer you
- Contact the Health in Mind Team on 01376 308704

For children and young people (18s and under) who may be experiencing stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours, the Emotional Wellbeing and Mental Health Service (EWMHS) offers support and advice. To access this service you can:

- Call the Single Point of Access on 0300 300 1600, 9am-5pm, Monday – Friday
- Email [EWMHS@nelft.nhs.uk](mailto:EWMHS@nelft.nhs.uk)
- Visit <http://bit.ly/2ysaPEQ> to find out more on how to refer to this service.

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Issued by the Communications and Engagement team, Mid Essex Clinical Commissioning Group

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You can also come and speak to both of these providers at our information event on the 16<sup>th</sup> November at Broomfield Hospital from 10:00 am to 15:00 pm.

## **ENDS**

### **Notes to editor:**

1. Health in Mind is part of the national initiative Improving Access to Psychological Therapies (IAPT) – a simpler way into mental health services.
2. Emotional Wellbeing and Mental Health Service (EWMHS) is the mid Essex name for the local CAMHS (Child and Adolescent Mental Health Service).