

## **Appendix 14d: Sources of Help, Support and Information – for service users**

### **Culturally-adapted Family Intervention (CaFI) for African and Caribbean people diagnosed with psychosis and their families**

As participants will be drawing on their experiences, they will be in control of what and how much they wish to share. However, we appreciate that revisiting some aspects of these experiences may be emotional and potentially distressing. Some participants might also want further information about different aspects of mental health. We have therefore compiled this list of organisations in the Southampton area that can provide help, support and information.

#### **Are you worried about your mental health or that of someone else?**

If you, someone in your family or someone you care for have/has received, or are/is currently receiving, treatment for mental health problems, contact the **Care Coordinator** as soon as possible.

If you or the person you are worried about has not received treatment for mental health problems, contact a GP as first port of call.

You may also call the **free** NHS advice line (111), which is available 24 hours every day.

**If you believe that you or someone is at risk, call 999 immediately.**

**The research team would be happy to discuss these with you and provide help to access these services if necessary.**

**In addition to the above, you may find the following services helpful:**

#### **Southern Health NHS Foundation Trust Acute Mental Health Team:**

North area: [01256 817718](tel:01256817718)

East area: [02392 344562](tel:02392344562)

West area: [01962 897726](tel:01962897726)

Southampton area: [07736953423](tel:07736953423)

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**Solent Mind:** <https://www.mind.org.uk/information-support/local-minds/>

**Address:** 15-16, The Avenue, Southampton, Hants, SO17 1XN

**Phone:** 0238 202 7810

**Creative Options Community Project:** <https://creative-options.weebly.com/>

**Address:** Freemantle United Reformed Church, 257 Shirley Road,  
Southampton, SO15 3HS

**Phone:** 07784 365892

**Southampton Day Services:**

[https://sid.southampton.gov.uk/kb5/southampton/directory/service.page?id=wJjNkwJa51k&newadultchannel=5\\_6](https://sid.southampton.gov.uk/kb5/southampton/directory/service.page?id=wJjNkwJa51k&newadultchannel=5_6)

**Address:** Sembal House, Handel Terrace, Southampton, SO15 2FH

**Phone:** 023 8083 4750

**Samaritans:** <https://www.samaritans.org/branches/samaritans-southampton-and-district-branch>

**Address:** 11 College Place, London Road, Southampton, SO15 2FE

**Phone:** 116 123

**Rethink Mental Illness:** <https://www.rethink.org/services-groups/search?r=4751>

**Address:** Multiple

**Phone:** 0300 5000 927

## **Sources of Help, Support and Information – for relatives, carers, advocates, Family Support Members**

As participants will be drawing on their experiences, they will be in control of what and how much they wish to share. However, we appreciate that revisiting some aspects of these experiences may be emotional and potentially distressing. Some participants might also want further information about different aspects of mental health. We have therefore compiled this list of organisations in the Southampton area that can provide help, support and information.

**The research team would be happy to discuss these with you and provide help to access these services if necessary.**

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Southampton area: [07736953423](tel:07736953423)

**Rethink Mental Illness:** <https://www.rethink.org/services-groups/search?r=4751>

**Address:** Multiple

**Phone:** 0300 5000 927

**YoungMinds Parent Helpline:** <https://youngminds.org.uk/contact-us/>

**Address:** N/A

**Phone:** 0808 802 5544

**Sane:** <http://www.sane.org.uk/>

**Address:** SANE, St. Mark's Studios, 14 Chillingworth Road, Islington, London, N7 8QJ

**Phone:** 0300 304 7000

**Recovery College:** <https://www.southernhealth.nhs.uk/health-and-wellbeing/recovery/college/>

**Address:** Team Base Room 21-22, Tom Rudd Unit, Moorgreen Hospital, Botley Road, West End, Southampton, SO30 3JB

**Phone:** 023 8047 5188

**Carers Direct:** [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

**Address:** N/A

**Phone:** 0808 802 0202

**Carers in Southampton:** <https://www.carersinsouthampton.co.uk/>

**Address:** Southampton Mencap. 187a Portwood Road, Southampton SO17 2NF

**Phone:** 023 8058 2387

**Carers UK:** <https://www.carersuk.org/>

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**Address:** 20 Great Dover Street, London SE1 4LX

**Phone:** 020 7378 4999

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