



Community mental health support services

Building resilient communities and improving wellbeing through personalised, practical support



everyturn.org

We're here to help adults with mental health issues to get the support they need in their community. Many of our community mental health workers have lived experience of mental ill-health. They know what it's like, because they've been there too.

We support people with complex mental health needs or serious mental illness (SMI) to manage their wellbeing and stay well for longer.

We help people to work through difficult emotions and learn techniques to help them feel more in control, particularly of the feelings they have found challenging.

We deliver 1:1 sessions for 3-6 months, as well as providing group support, focusing on what matters to each person during their recovery journey.



Service benefits ←

- Reduces pressure on clinical services.
- Improves wellbeing outcomes.
- Builds and establishes strong community groups.
- Helps people access the right care at the right time, in accessible, community-led environments.

Scan for more information





What we offer



Maternal mental health support

We support women who are pregnant, or have had a baby, and are experiencing mental health difficulties and also need support with practical or emotional issues.

We offer a range of personalised support, including one-to-one sessions with a maternal mental health worker, both in-person and over the phone.

Support can include practical ways to manage panic or worry, connect with friends and family, help with attending appointments and offer mindfulness and relaxation techniques.



Community mental health support

We support people with mental health issues to get the support they need in their community.

By supporting people through one-to-one sessions and community groups, our CMHSS services help people gain confidence to improve their mental health.

We empower people to form strong relationships in local communities; giving people access to services at the right time in the right place and help improve the quality of their lives.



Waiting list support service

We support NHS Community Treatment Teams (CTTs) by reducing their waiting lists and improving mental health and wellbeing outcomes for patients.

We work with CTTs to give 3-6 months of non-clinical, emotional, and practical support to people on their waiting lists.

Using the power of lived experience in our workforce, our non-clinical mental health support frees up time for CTTs to support people with clinical mental health needs.



Recovery colleges

We help people to rediscover their self-confidence, learn new skills, build a stronger social network, get back into education or training, or find paid or voluntary work.

We support people who are experiencing mental health issues, or have in the past, and would like some support in getting back on their feet.

Working with our partners, we make it easier for everyone to access learning and activities that promotes wellbeing and good mental health in accessible, local communities.



Voluntary, Community and Social Enterprise (VCSE) Mental Health Alliance

Through our VCSE Mental Health Alliance, we make sure the voice of communities plays a pivotal role in shaping their local mental health services.

The Alliance provides a framework for collaborative working between VCSEs, with a focus on severe mental illness (SMI) and complex mental health.

The Alliance gives community grants to grassroots organisations, evaluates the success of innovative projects, and subcontracts mental health work to VCSE partners.

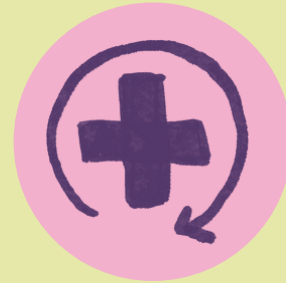


Outcomes



-£2,979

estimated savings per care episode by our waiting list support service



57%

of people supported by our waiting list support service self reported a reduction in their attendance at GP practices.



81%

of people supported by our waiting list support service in Sunderland/Gateshead/North Cumbria were discharged from CTT waiting lists

“

The Northumberland Recovery College helped me to join the Empire School of Boxing when I was feeling very suicidal. I was done with my condition, feeling low, and felt not enough for anyone - including my kids.

Knowing I have the gym and amazing people there has saved my life. I continue to fight battles but knowing I have this class means I can do it and that is priceless.

”

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Everyturn Mental Health is the trading name of Everyturn (charity number 519332) and Everyturn Services Ltd (company registered in England & Wales, number 4391008).