

Transfers can be made using these details, according to location.

Taunton & West Somerset

somccg.westsomersetewss@nhs.net

Sedgemoor

somccg.bridgwaterewss@nhs.net

South Somerset

somccg.mhssomerset@nhs.net

Mendip

somcch.mhmendip@nhs.net

Adults can self-refer to the service

24 hour Supportline

01823 276892

support@openmentalhealth.org.uk

Open
Mental
Health

Open Mental Health is a Somerset alliance of local voluntary organisations and the NHS. We are working in partnership to ensure that adults in Somerset get the support they need, when they need it.



Giving patients the support they need when they need it



Do you have a patient or client who is presenting with anxiety, stress, depression or severe mental illness?

Mental health organisations have come together to provide 24/7 support to adults in Somerset.

Our shared ambition is to ensure that people living with mental health problems get **the right support at the right time.**

Working together, we support people to live a full life, by enabling access to specialist mental health services, housing support, debt and employment advice, volunteering opportunities, peer support, community activities and physical exercise, to help support and improve their wellbeing and quality of life.

How can health and social care professionals transfer people to Open Mental Health?

Open Mental Health is accessible for adults in Somerset who are suffering from mental health problems. The organisations in this alliance form part of a wider ecosystem of mental health and wellbeing support across Somerset.

By working together in partnership, we want to ensure that there is 'no wrong door' for anyone who needs help.

If a transfer is made via one of these Somerset Mental Health partners, we will ensure they receive the most appropriate support, tailored to their needs.

Removing Barriers

We've removed the barriers to getting mental health treatment and support, so anyone can contact the Locality Hubs for an assessment of what could help and what the person needs.

Whether it is for yourself or if you're a GP, pharmacist, social worker, community service worker, group organiser, police officer or concerned friend, we are Open for Mental Health in Somerset.



Locality Hub teams include:

- Holistic wellbeing workers (1 to 1 and group support)
- Peer supporters/peer support workers
- Psychologists, mental health nurses, occupational therapists
- Older and young people specialists
- Eating disorder specialists
- Developmental trauma specialists
- Money and benefits support
- Housing support

The team can introduce your patient to other options in the community to help wellbeing such as the Recovery College, learning and skills development, volunteering and employment opportunities.

Also, they are closely linked to GP practices and crisis and acute services.

There are hubs in the four Somerset districts:

Taunton and West Somerset | Mendip
South Somerset | Sedgemoor