



Open

Mental
Health

**Giving you the
support you
need when
you need it**

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 you 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

Our team is here to support you

24 hour Supportline 01823 276892

support@openmentalhealth.org.uk