

## Positive steps for mental health

- Keeping active
- Doing something creative
- Learning new skills
- Getting involved
- Relaxing
- Eating well
- Asking for help
- Drinking sensibly e.g. lots of water
- Staying in touch with friends

*Taken from The Centre for Mental Health website.*

This project is run by

# rethink

in partnership with:



For better mental health

North Essex Partnership   
NHS Foundation Trust



  
**North East Essex**

## Contact us

### To refer yourself

Contact Health in Mind on 01206 271450, or speak to your GP.

### If you are already referred to Health in Mind

Speak to your case manager/therapist or an administrator who can refer you to the STaR team.

We will then contact you, usually by telephone, to discuss the referral with you and agree the next steps.

Health in Mind  
North East Essex IAPT Service  
East of England Co-operative Society  
Fiveways Retail Park  
Peartree Road, Stanway  
Colchester, Essex CO3 0LS

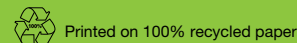
Phone 01206 217450

Fax 01206 217451

Email [healthinmind@rethink.org](mailto:healthinmind@rethink.org)



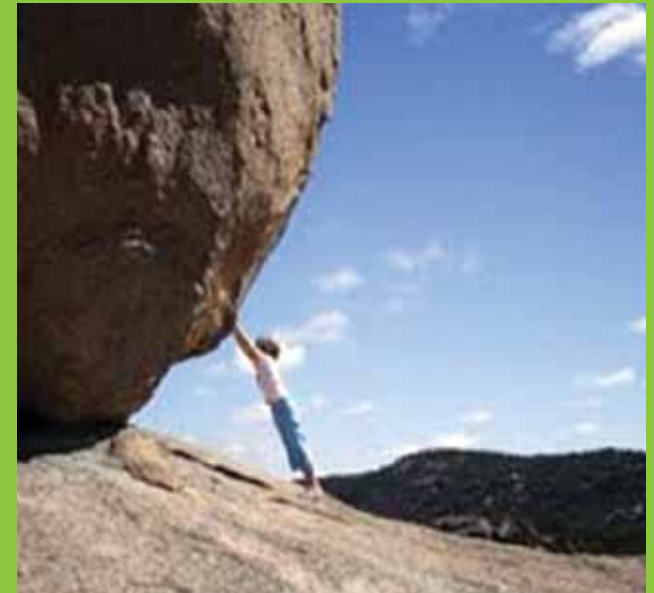
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# Health in Mind

North East Essex IAPT Service



## Support Time and Recovery Service (STaRS)

Practical help for practical concerns  
The STaR team work within the Health in Mind Service 01206 271450

# ‘The journey of a thousand miles begins with one step.’

Lao Tzu, Chinese Philosopher

## What we do

The Support, Time and Recovery (STaR) team in Health in Mind offers practical support to people experiencing mild to moderate mental health problems.

We are a short term service which provides support and information on a range of issues including:

- Employment support, job seeking, CVs etc.
- Special isolation and loneliness
- Debt problems
- Budgeting
- Housing
- Parenting related issues
- Care responsibilities

The STaR team has developed close links to a wide variety of services and agencies and is extremely knowledgeable about the local community.

If they don't know the answer they will find somebody who does.

## How we will work with you

The STaR worker will contact you by telephone to discuss your practical concerns. We will agree the next steps which might include:

- an email with relevant information
- further telephone contact, or
- a face-to-face meeting at a venue of your choice

Depending on the issues raised together we will create an action plan. We can:

- research into groups and activities in your area
- support you to access tribunals, meetings with solicitors, banks, first visits to groups and clubs
- introduce you to new experiences such as cycling, yoga or volunteering
- signpost and/or support you to access organisations who can offer you specialist support or advice e.g. CAB, Age UK, Job Centre Plus

We will look at who can best provide the support and guidance for your practical concerns.

We can help you explore ideas and interests when you are feeling unmotivated and/or anxious.