



## What people say about us

"The most useful part of our time was perhaps the least complicated - your encouragement and belief that I can recover, and that I can find purpose and satisfaction in my life...Thank you for listening, for caring, and for helping me a bit further along the way."

"It helped being able to talk to someone who knows what its like."

"Thank you for helping me see that there is always hope...I know where to go and there is always help out there...Thank you for being there for me."

*Anonymised feedback from people we have supported.*

If you have any questions about Access Community Mental Health Wiltshire, or would like to find out more, please get in touch - we'd be delighted to hear from you!



**Rethink Mental Illness**  
Access Community Mental Health, Wiltshire



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Our vision is equality, rights, fair treatment, and the maximum quality of life for all those severely affected by mental illness.

For further information  
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**rethink.org**

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**Rethink  
Mental  
Illness.**

# Access Community Mental Health

A community team working alongside people to find ways towards managing their mental health.



# What we do

We can help you navigate your journey at your pace and with your priorities.

## About us

We combine our professional and lived experiences to build individual goal-orientated support plans.

### This includes:

- Empathetic, honest, staff.
- Working alongside you to identify needs and support to take your next steps.
- A self-referral process that allows you to pause your support and re-engage if the time is not right.
- A Wellbeing Line for emotional and listening support when needed (open 7 days a week).
- Support with severe mental illness (SMI) health checks; before, during and after the check to achieve any targets, goals, outcomes from your health check.

## What can we do?

We provide short-term support and we walk alongside you to empower you to find the way forward. We can help you to explore ways that you can manage your own mental health.

### This could include:

- Active planning and goal-setting.
- Solution-focused conversations.
- Identifying a group in the community to engage with.
- Signposting to other services.
- Providing information about coping strategies.
- Peer support - conversations with people with lived experience.
- Support with SMI health checks.

## Who can use our service?

Anyone over the age of 16 who lives in Wiltshire or has a Wiltshire GP.

We have several pathways to our service, through your GP or other professionals and through self-referral.

If we cannot help, or we are not what you are looking for, we can point you in the right direction – there is no wrong door.

