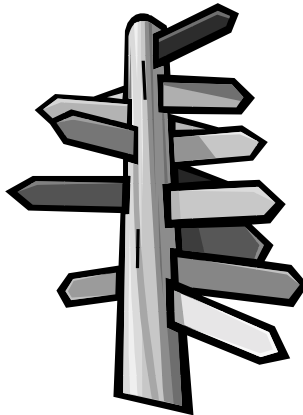


Cannock Chase Mental Health Directory

This directory provides information about Mental Health services
in the Cannock Chase area



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Introduction

This directory is written for people who are in emotional distress or have a mental illness, and the people who care for them. It is relevant to all ages including older people, children and young people. It is also intended to be a useful reference point for health professionals and others who work in mental health.

The directory provides information about:

- Mental illness and mental distress.
- Where to get help if you are feeling unwell.
- What to do in an emergency or a crisis.
- Addresses and telephone numbers of mental health services and support organisations.
- The National Service Framework for Mental Health.

What is mental illness or mental distress?

Mental illness/distress includes such things as:

- **Acute Anxiety** - Doctors describe chronic fear, tension and panic attacks as 'anxiety states'. The condition is defined as an illness when it becomes an individual's main experience and stops them getting on with everyday activities.

- **Dementia** – 'Dementia' is caused by a slowly advancing form of brain damage, although the cause of this is often unknown. A person with dementia may become forgetful initially and extremely anxious and confused as the disease progresses. Twenty per cent of people over 80 suffer from dementia.

- **Depression** - It is commonplace to talk about 'being depressed' but depression defined by a doctor, as 'clinical depression' is a

severe version of this. Most people who commit suicide are seriously depressed.

- **Obsessive or Repetitive Behaviours** – In general this includes thoughts, pictures or impulses which are usually unpleasant and come into mind when we don't want them. Many things can trigger obsessions and they usually leave a person feeling very anxious, uncomfortable or frightened. Compulsion is the behaviour, sometimes quite irrational, performed to 'put right' the obsession and which can sometimes become disruptive to people's lives.
- **Phobias such as a fear of going out of the house** – Phobias take many forms, from being terrified of dogs, talking in front of a group, flying, escalators etc. Panic attacks can strike for no apparent reason and some people never leave their homes.
- **Eating Disorders like anorexia, bulimia or compulsive eating** - Starving to the extent of severe, sometimes life threatening slimness is diagnosed as 'anorexia nervosa'. Compulsive eating and vomiting is known as 'bulimia nervosa'. Both behaviour patterns are often a way of coping with psychological or emotional problems.
- **"Bipolar" mood disorders like manic depression** – Some people experience profound changes in their mood, which can switch from depression and lethargy to periods of elation and over-activity. Doctors call this 'manic depression'. Some people may move from depression to elation and back in a week while others may go through this cycle once a year or less often.
- **Psychosis** – Psychiatrists use the term 'psychosis' when someone is unable to distinguish clearly between what is real

and what is imaginary, or what is external or internal to their own thought process.

- **Schizophrenia** – The popular understanding of the term, as describing a Jekyll and Hyde split personality, is not true. Doctors' use the term 'schizophrenia' to describe a state of mind in which people's sense of their own identity, thoughts and perceptions go beyond the range of normal experience. People who hear voices, for example, or believe that they are being persecuted by other people may be diagnosed as having schizophrenia.
- **Stress etc.** – This is the word used by people to describe how the demands of their life seem to be, becoming too great for them to cope with. This ability to cope varies from person to person. Stress is known to be bad for our health and it therefore needs to be controlled.

it may be linked to things like:

- homelessness
- losses, such as unemployment, divorce, bereavement etc.
- long term physical illnesses and strokes
- alcohol and substance misuse
- dysfunctional families and violent domestic relationships
- childhood abuse etc.

Mental illness is very common. One in four people are likely to have a period of mental ill health during their lifetime.

People who care for someone with a mental health problem may also access services at times for support and advice to help them look after the person they are caring for. They may also need help to look after their own mental health.

What are the signs of mental illness or mental distress?

The signs of mental illness/distress are different for each person. Symptoms might include:


- feeling very sad/unhappy/depressed or excessively happy for a long time for apparently no reason
- intense levels of anxiety and panic attacks
- repetitive actions such as constant hand-washing or endless tidying of the house.
- obsessive dieting or over-eating etc.
- self-harming
- constant feelings of persecution or confusion
- delusions where someone believes something is happening which no-one else can understand
- hearing voices

What can you do if you feel mentally or emotionally unwell?

You may wish to discuss your feelings with your GP (Pg 6/7). You can explain your symptoms and concerns and ask for help. Your GP will give advice and information and may prescribe medication. In addition, or alternatively, he/she may refer you to:

- a community psychiatric nurse called a “Community Mental Health Nurse”.
- a consultant psychiatrist.
- a clinical psychologist.
- Social Services if he/she thinks you have social needs.
- another agency such as MIND, Relate or other agencies.

You could call the MIND Drop-in at Manor Avenue, Cannock who can provide a listening ear and advice. You do not need a referral to access the project and their services are free. The drop-in is friendly and informal and out of hours you can leave a message and a member of staff will contact you.

Alternatively you could call the Staffordshire Mental Health Telephone Helpline to talk things over on –  **0808 800 2234**
Monday – Friday 7pm – 2am; Saturday & Sunday 2pm – 2am or
e-mail Telephone.helpline@virgin.net

In the event of an emergency or a crisis call

Crisis Resolution Team

01785 257888 (24 Hrs)

Included at the back of this directory is a contact card, which you may wish to carry in your purse or wallet so that people know whom to contact in an emergency.

Useful Addresses and Telephone Numbers

The following pages include contact details which are provided to help you get in touch with someone who can support you when you need help or advice. For some health and social services you will need to be referred by your GP or another professional as indicated.

The directory is also intended to provide information for professionals. The directory includes some general contact numbers, such as, Citizens Advice Bureaux (CAB), Housing organisations and the Police. Contacts are listed alphabetically

under each main heading and a short description of the service is included where explanation is helpful.

GP Surgeries



Drs R D Apta & El-Sebai - Cannock	01543 571055
Dr Bailey - Cannock	01543 431599
Drs Berriman & Free - Cannock	01543 502391
Drs Chandra & Israel - Hednesford	01543 422307
Dr Desai - Great Wyrley	01922 414315
Drs Dey & Deb - Armitage	01543 490444
Drs Gibbins, Hands, Gallimore & Willey - Cannock	01543 504477
Dr Gonsalves - Hawkes Green	01543 271313
Dr Gupta - Heath Hayes	01543 278461
Drs Huda, Fletcher, Clark & Sircar - Rugeley	01889 579276
Drs Hulme, Sainsbury, Hopper, Holbrook, Horstink, Ballinger & Conmey - Cannock	01543 503121
Drs Ibrahim, Rastogi, Stokes, Staite & M Singh - Rugeley	01889 582244
Dr Jolata - Norton Canes	01543 279500
Dr Kayani - Rugeley	01889 585502
Drs Kukathasan & Khan - Great Wyrley	01922 415151
Drs Lochee-Bayne, Webb & Welding - Cheslyn Hay	01922 701280
Dr T R K Murty - Hednesford	01543 422531
Dr Murugan - Hednesford	01543 432777
Drs Myint, Myint, Zeya & Naing - Cannock	01543 576660
Dr Patel (AB) - Great Wyrley	01922 414948
Drs Po & Maw - Norton Canes	01543 450222
Drs Selvam, Speedie & Campbell - Cannock	01543 571650
Drs Singh (BK) & Parekh - Norton Canes	01543 279232
Dr Singh (VK) - Hednesford	01543 422154
Drs Sivanesan & Davies - Brereton	01889 575560
Drs Thaker & Davenport - Cannock	01543 577972
Dr Thompson - Cannock	01543 503332
Dr Verma - Cannock	01543 506511

Drs Wilson & Chiam – Great Wyrley
Drs Woo & Al-Hakim - Rawnsley
Dr Yi - Hednesford
Drs Zein-Alabdin, & Olabolu - Cheslyn Hay

01922 415515
01543 877842
01543 422787
01922 413209

Hospitals

Mid Staffordshire Hospitals NHS Trust

Cannock Chase Hospital
Cannock Hospital Pharmacy Advice
Staffordshire General Hospital, Stafford

01543 572757
01543 576461
01785 257731

George Bryan Centre, Tamworth
Good Hope Hospital, Sutton Coldfield
Hammerwich Hospital
Manor Hospital, Walsall
St George's Hospital, Stafford



01827 285598
0121 3782211
01543 675754
01922 721172
01785 257888

South Staffordshire Healthcare NHS Trust HQ

Provide specialist mental health services in
South Staffordshire
Website: www.southstaffshealthcare.nhs.uk



01785 257888

Assertive Outreach Service
Support people with enduring mental health
problems









01785 257888
via GP

Child and Adolescent Mental Health Services
Supports children, young people and their
families website: www.chsss.nhs.uk



01785 222708
01543 500113
via GP

<p>Clinical Psychologists Provide a specialist psychology service as part of the mental health teams.</p>	<p>01543 576622 01785 257888 via GP</p>
<p>Community Mental Health for Older People Provide care at home for older people with mental health problems</p>	<p>01785 257888 via GP</p>
<p>Community Mental Health Nurses (previously Community Psychiatric Nurses) Provide assessments and care packages for people with mental health problems</p>	<p>01785 257888 via GP</p>
<p>Consultant Psychiatrist Mental Health specialists – diagnose and prescribe treatments</p>	<p>01785 257888 via GP</p>
<p>Crisis Resolution Team</p>	<p> 01785 257888 via GP</p>
<p>Eating Disorders Service Provide support and advice for people with eating disorders</p>	<p>01785 221331 via GP</p>
<p>Integrated Drug and Alcohol Service, Cannock (IDAS) Support people with drug and alcohol problems</p>	<p>  01543 468667 /01543 571536</p>
<p>Mental Health Nurses (Park House) Anxiety and depression therapy, referrals to anxiety groups</p>	<p>  01543 431576 </p>

Patient and Public Involvement Team
Works with patients, service users and carers
to improve Trust services and produces
information for patients on behalf of the Trust.



01543 420444

Rugeley Mental Health Team
(based at Advice and Resource Centre
– Rugeley)

01889 576810

Spring Meadow Unit, Cannock
Provide community based therapeutic
groups for people with mental health needs



01543 431576

Spring Meadow – Occupational Therapy
Provide rehabilitation through creative group
work and individual work to enhance daily
living skills



01543 431576



T

South Staffs Mentally Disordered Offenders
Provide mental health screening for forensic clie



01785 257888

**Shropshire and Staffordshire Strategic
Health Authority**



01785 252233

Mellor House, Corporation Street, Stafford
ST16 3SR

Working to deliver improved Healthcare for
the people of Shropshire and Staffordshire.

e-mail: sasha@sasha.nhs.uk

Staffordshire Social Services Headquarters

Mon – Thurs – 8.30am – 5.00pm

Fri - 8.30am – 4.30pm

Area Offices

Cannock

cannock.socialservices@staffordshire.gov.uk

Rugeley

rugeley.socialservices@staffordshire.gov.uk



01785 223121

01543 510300

01889 256016

Social Services Specialist Mental Health Services

Cannock and South Staffs Mental Health Team (Assess and care manage people's mental health needs and undertake statutory duty required by the mental health Act)

01543 512383

Emergency Duty Services (Outside Office Hours)



01785 354030

Day Services, Great Wyrley Day Centre



01922 419829

Police

Cannock

Rugeley

Minorities Liaison Office (inc. mental health)



01543 574545

01889 583131

01785 234157

(office hours)

01785 235986

Voluntary Agencies and Support Groups

ABESS Centre @ Cannock Chase College
For people with difficulties: Adults – Reading
& Writing



01543 462200

Age Concern

Advice and Information Helpline & Outreach
Service



01785 600610

Age Concern, Cannock

01543 467881

Age Concern, Rugeley

01889 802719

Age Concern, South Staffs Hospital
Discharge Support

01889 802716

Age Concern, Hospital and Community
Support Service

01785 230898

Provides advice and support for older people
and support on hospital discharge
hc.ss.Stafford@acsouthstaffs.org.uk

Alcohol

ADSIS

Alcohol & Drug Services in Staffordshire

Offer 1:1 confidential support and
advice/information

for anyone concerned about someone else's
substance misuse.



01543 431513

(Mobile)

07974 685774

Alcoholics Anonymous National Helpline
(Cannock Meeting, Fridays @ 8.00 pm,
St Aidens Church Hall)








0845 7697555






Staffordshire Alcohol Advice Service
Support for people with alcohol problems



01543 468667





(ASIST) Advocacy Services  01543 468588
Provides an advocacy service for adults with Learning Disabilities, Physical Disabilities and/or mental health needs.
e-mail: mele@asist.co.uk

Bereavement and Loss Support Services   01785 211734
 


Bereavement and Loss (CRUSE)   01543 433479
  (National)
 0870 1671677





Cannock Drugline  01543 467235

Carers

Careline   020 8514 1177
Confidential crisis telephone, care offered to children, young people and adults.
 

Carers Mental Health Worker  01785 222518

Carersline  0808 808 7777
Monday-Friday
10.00am-12 noon, 2.00pm-4.00pm

Carers Association Southern Staffordshire   01785 606675
Outreach Worker for Cannock and Rugeley  01785 228222
Young Carers  01785 222477
Advice, information and emotional support
for carers e-mail: carers@gn.apc.org
www.carersinformation.org.uk

Cannock Carers Group



01543 276371

Staffordshire Crossroads
Home based respite for carers



01782 683144

Chase Advice Centre
Benefits, marital, housing etc.
e-mail: advicecentre@cannockchase.gov.uk



01543 577572

Chinese Mental Health Association



020 7613 1008

Citizens Advice Bureaux

Cannock
Rugeley
Stafford



01543 502236

01889 577042



01785 258673

A team based at Rugeley CAB visit
St Georges site 3 times a week.


www.citizensadvice.org.uk

www.adviceguide.org.uk


Community Council of Staffordshire
To protect and improve quality of life for
those living in Staffordshire
www.staffs.org.uk
communitycouncil@staffs.org.uk

  01785 242525

Council for Involuntary Tranquilliser Addiction

 0151 949 0102

Council for Voluntary Service (Chase CVS)
Support and develop voluntary activities in the
community
www.chase.cvs.org.uk


 01543 500404

Depression


Association for Post Natal Illness

 020 7386 0868

Fellowship of Depressives Anonymous




 01702 433838

Manic Depression Fellowship

 020 7793 2600

Domestic Violence

Chase Pairs – Domestic Violence Forum
Preventing abuse in relationships and tackling
domestic abuse within the Chase area
(Mon-Fri 9am – 5pm)
e-mail: theproject@btconnect.com

  01543 468880


Domestic Violence Helpline



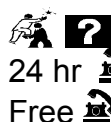
Freephone
0808 2000 247

Domestic Violence - Pathway Project
A female refuge for both women and children fleeing domestic violence. Provide support both in the refuge and the community with issues relating to domestic violence.
e-mail: info@pathway-project.co.uk
kathycoe3000@hotmail.com
[website: www.pathway-project.co.uk](http://www.pathway-project.co.uk)



01543 676800

Domestic Violence – Women’s Aid
www.womensaid.org.uk



01785 607828
01785 243333
0808 2000 247

The Project
Domestic Abuse Helpline
Support for victims of domestic abuse
e-mail: theproject@btconnect.com



01543 500324
01543 676800

Drop in Centres

Cedar Tree Christian Drop-in (Cheslyn Hay)











01922 701548

Mid Staffs MIND, Cannock -
Tues/Wed/Thurs – 10am-3pm
Mid Staffs MIND, Stafford



01543 462907
01785 257888

Drugs and Solvents

ADFAM Advice to families/friends of drug users		020 7928 8900
Drugline	  	01889 575601
National Drugs Helpline		0800 77 66 00
Narcotics Anonymous		020 7730 0009
Release	24hr 	020 7729 9904
ReSolv – solvents helpline		0808 800 2345

Eating Disorders

Eating Disorders (Abacus), Uttoxeter	 	01889 568078
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Eating Disorder Association
National Adult Helpline (over 18 years of age)
National Youthline (up to and inc 18 years of
age) with eating disorders
Provides information/advice/support for people
Website: www.edauk.com



01603 621414
01603 765050

Family Support

Family Focus
Cannock
Rugeley



01543 570273
01889 579836

Parentline Plus
For parents of children having difficulties

0808 800 2222

Health and Community Care Liaison Project

01543 303029

Housing and the Homeless

Bethany Trust, The (for the homeless)
(Tel: 9am – 11pm)
Provides temporary and emergency
accommodation for homeless people



01785 610710

Cannock Chase District Council, Housing Dept



01543 462621

Housing & Health Information Advice Centre (Cannock)	 	01543 577572
The Move-on Project - Rethink www.rethink.org e-mail: avalonhouse@rethink.org Supported Housing Service	 	Cannock 01543 466604 Stafford 01785 610555
Stafford Hospitals and Community Friends Provide supported housing for patients who have been in hospital	 	01785 257888 Ext 5372 / 5720
Legal Aid – via CAB or Legal Services Commission (Advice and help with legal fees) ring for details of local firm		0500 282300
Links UnLtd, Spring Meadow e-mail: Linda300159@hotmail.com	 	01543 431571
Making Space ‘Options’ Support and advice on accessing employment, education, training, volunteering and leisure opportunities	   T	01785 228622
Mask Family Support Group for Chase Families Tackling Drugs	  	01543 506843 01922 412357 01543 500118
Mental Health Service User Network Promotes the interests of service users across Mid. and South Staffs		01543 301139

<p>Mid Staffs MIND, Cannock Information and support for people who are in emotional distress or dealing with mental health issues. Counselling Service/ support groups/ advice shop</p>		<p>01543 462907</p>
<p>MIND Information Line</p>		<p>0845 7660 163</p>
<p>Mid Staffs MIND Advice Shop (Information leaflets)</p>		<p>01543 462907</p>
<p>Mid Staffs MIND, Stafford Dedicated to the needs of people with mental health problems</p>		<p>01785 257888</p>
<p>MIND – Depression-Post-natal Depression Support Network, Uttoxeter <u>e-mail: enquiries@utttoxetermind.co.uk</u></p>		<p>01889 568440</p>
<p>MIND is a leading mental health charity. Local centres provide support to anyone who has experienced mental health problems. Drop ins provide an informal friendly environment where people can meet socially and get advice and support.</p>		
<p>“MY TIME” A psycho-educational programme to help increase self-esteem <u>e-mail: emma@mytime.org.uk</u></p>	<p>T </p>	<p>07812 658760</p>

Nafsiyat Intercultural Therapy Centre		020 7263 4130
No Panic (Phobias/anxiety)		0800 783 1531
Norton Canes Women's Institute		01543 279935
(PALS) Patient Advice & Liaison Service Provide confidential, on the spot advice and support, helping sort out concerns you may have about the care the NHS provide	 	01543 465106
Parent Information Service	 	0800 018 2138
Racial Equality Council (REC) Stafford		01785 246471
Relate Help people with relationship problems e-mail: apek76@pipexdial.co.uk Cannock 10am – 1pm 1pm-4pm Stafford	 T 	01543 577281 01543 257760 01785 242779
Rethink (new name for NSF – National Schizophrenia Fellowship) Mon-Fri 10am –3pm		0845 456 0455
Rugeley Young Adult Team Provide help and support for young adults 16 - 25 years of age	 T 	01889 578954

Rugeley Youth and Community Team	 T 	01889 256180
Rural Emotional Support Team Assertive outreach link in agricultural communities; providing problem-solving, emotional and practical support	 	01785 255305 0797 017619
Samaritans e-mail: jo@samaritans.org.uk Rugeley Helpline Stafford	   	01889 567878 0845 790 9090 01785 243333
Saneline - 12 noon – 2pm daily		0845 767 8000
Sexual Abuse Support Service (Emerge) Stafford Cannock	 	01785 225991 01543 576174
South Staffs Family Mediation Service Working with families to cut the emotional and financial costs of separation and divorce e-mail: ssfmescannock@hotmail.com	  	Cannock 01543 572600 01827 314000
South Staffs MESMAN Project HIV and Sexual Health Information and advice for Gay and Bisexual men in South Staffordshire	 	01543 411413

Staffordshire Library Information Services		01785 278350
Staffordshire Mental Health Helpline (Free) Support and advice Mon-Fri - 7pm – 2am Sat & Sun – 2pm – 2am	  	0808 800 2234
Staffordshire Rural Stress Network Helpline Provides support and network for people in rural areas e-mail: info@ruralstresswestmids.org.uk website: www.ruralstresswestmids.org.uk	  	0870 707 4445
Threshold (run by women for women)	 	0845 300 0911
Triumph over phobia	 	01225 330353
Victim Support – For victims of crime	 	01902 847387 0845 300 0900
Young People		
Anti Bullying Campaign Advice/understanding/support		020 7378 1446

Childline
Confidential telephone, care offered for any
child with any problem
www.childline.org.uk



0800 1111

Young Minds
A National charity committed to improving
the mental health of all children
www.youngminds.org.uk



0800 018 2138

The National Service Framework for Mental Health

The National Service Framework (NSF) is a 10-year plan beginning in 1999. This is a Government policy, which sets out national standards for mental health services for adults aged 16-65. There are or will be other NSFs for Older People and Children's Services. Some improvements in services will happen quickly but others will take more time to develop. The NSF includes seven standards, which are briefly summarised below.

Standard One – Mental health promotion – is about promoting ways of achieving 'good' mental health and combating discrimination against people with mental health problems.

Standards Two and Three – Primary care and access to services – are about people being able to get initial help from

their GP surgery and being referred on to specialist services as needs are identified; and

Standards Four and Five – Effective services for people with severe mental illness – are about providing care which helps to prevent a crisis and reduce risk.

They also talk about people having a care plan, which includes action to be taken by the service user; their carer and their care coordinator in the event of a crisis; and provides advice to the GP on how they can help when needed. These service users should also have access to services 24 hours a day, 365 days a year.

Anyone who needs it should have access to a hospital bed in the least restrictive environment which is suitable for their needs and as close to home as possible. Everyone should receive a suitable care plan when they leave hospital.

Standard Six – Caring about carers – is about assessing the needs of people who care for someone with a severe mental health problem and giving carers their own care plan.

Standard Seven – Preventing Suicide – says that by meeting the other six standards in the NSF, care will be improved and suicides can be prevented.

Mental Illness and The Police

The enclosed/attached card is for use in an emergency stating your contact details and relevant helpline numbers.

It may also be of use should you come into contact with the police, a) as a witness; b) as a victim; c) as an offender; or d) having been detained under Section 136 of the Mental Health Act.



People with a mental health problem (and/or learning disability) have a right to be dealt with by the police in a way that takes this into account. If you come into contact with the police and you have a mental health problem you should tell the police immediately.

You have rights under both the Police & Criminal Evidence Act (PACE) 1984 and the Mental Health Act and you must be kept informed of your rights.

You have a right to look at the terms set down in PACE if you wish and should ask to see them if you want to know more.

This directory has been produced by Cannock Chase Primary Care Trust, South Staffs Healthcare NHS Trust and many others. The assistance of everyone concerned is appreciated and acknowledged.

Cannock Chase Primary Care Trust
Block D, Beecroft Court
Off Beecroft Road
Cannock WS11 1JP

 01543 465100
Fax.  01543 465110

24 Hour Helplines

Staffordshire Mental Health Helpline 0808 800 2234
(7pm to 2am, every day)
LINKS – 01543 431571

NHS Direct – 24 hr help for all medical problems 08 45 46 47
Social Services – Emergency Duty Team (out of hours) 01785
354030

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