

**COMMUNITY ADVICE, LINKS & MENTAL HEALTH
SUPPORT SERVICE
(CALMHS)**



“It’s ok to not be ok”

We're here to support people who are experiencing moderate to severe Mental Ill Health.

We also work with people experiencing social isolation, lack of motivation or difficulty coping with the stress and pressures of everyday life (this is not a complete list).

The service is open to adults (18+) living in Gloucestershire and those making transition from young peoples to adult services. You must be registered with a Gloucestershire GP.

The service can be tailored to help support you to build on your strengths and to make positive changes. You can achieve this through:

Community Links

Our Bridge Building Service is a community-based programme of approximately six months focusing on your needs and what you want to achieve. We will explore with you a range of options and opportunities to support your recovery and social inclusion. You will be supported on a one to one basis by one of our Bridge Building team who will encourage you to achieve your goals. Together you will develop an action plan to support you moving forward. The plan will identify areas of interest and explore opportunities within your local community. We can work flexibly with you including the evening and at weekends.

Peer Support

This service is available for up to 2 years and aims to give you the opportunity to engage in activities to support your recovery, either individually or within a group. The aim is to encourage you to build on your strengths and aspirations. It enables you to focus on your goals whilst receiving support from your peers and through regular reviews with a member of the team. Through the opportunities offered, you will have access to a large range of activities that will support you to have increased control over your wellbeing. You will also be supported to make the transition from peer services into our community link service as you work toward independence.

Safe Space

For every individual, safe space can mean different things. It could be a café, a library, a drop-in or just somewhere that you feel comfortable. We have safe spaces spread throughout the county that have been identified by our client group. A safe space aims to support friendships and the opportunity to socialise with others.

A-Z

Our prospectus of activities runs three times per year and is designed co-productively with our clients. This means working together to produce the best possible range of activities to meet the needs of the client group. Activities in the A-Z are aimed at supporting social inclusion, reducing isolation and bringing groups of individuals together to recognise, use and develop skills.

QWELL

Qwell is an online counselling and emotional wellbeing support service for adults, free to service users of Independence Trust, and available through laptop, phone or tablet. You will find help and support on the Qwell website (available 24 hours a day, 7 days a week, 365 days a year). The service provides:

- **Information and advice** - including a range of self-care articles for you to download.
- **An online magazine** - an option for you to share your stories.
- **Regular online forums** – a chance to chat to your peers in a safe environment, facilitated by XenZone, about issues affecting you and other topics you are interested in. These forums often act as a first step towards accessing further support.
- **A messaging function** - to contact the counselling team for information and advice.



Referrals

Referrals can be made to the service by any organisation or by self-referral.

How do I refer?

You can refer in a variety of ways:

- **Via our website:**
<https://www.independencetrust.co.uk/CALMHS>
- **By contacting the team on:**
(01452) 317460
- **By emailing us at:**
info@independencetrust.co.uk
- **By post:**
Independence Trust, Community House, College Green,
Gloucester, GL1 2LZ

Our Hubs

- Gloucester:** Community House, College Green,
Gloucester, GL1 2LZ
- Stroud:** 1st Floor offices, The Cross, Parliament Street,
Stroud, GL5 2HL
- Cheltenham:** Gas Green, Community Centre, 6 Baker Street,
Cheltenham, GL51 9HQ