



Alderney



Campaigns | Community Groups
Training | Signposting | Wellbeing Centre



Who are we?

Formed in 1977, Guernsey Mind is an independent charity with all funds spent on delivering services locally. As a member of the Mind UK Federation Network we can draw on their resources and expertise to help in delivering our vision. Guernsey Mind won the Guernsey Community Foundation Charity of the Year in 2018 and has achieved the Mind Quality in Mind certificate. In 2018, Guernsey Mind received funding from Lloyds Foundation for us to establish our services in Alderney.



A society that has a positive attitude towards mental wellbeing and where the community embraces respect for all.

Our Goal

We promote positive mental health for the community by campaigning locally to improve services, raise awareness and encourage understanding.



WHAT WILL YOU FIND IN THIS BOOKLET?

This booklet contains details about local services, web resources and apps that may be able to help if you, or someone you know, is experiencing a mental health issue. All information in this booklet should be used to support the professional advice given by a GP.

If you're concerned about your mental health, you're not alone.



PEOPLE WILL HAVE MENTAL
HEALTH NEEDS AT SOME
POINT IN THEIR LIVES



LOCAL SERVICES AVAILABLE TO HELP YOU



Alderney Wellbeing Centre

- Confidential space
- Join a community group
- Discover a variety of mental health and wellbeing services
- Signposting and appropriate help and support
- Book the centre for a group or training
- Borrow a book from our dedicated 'Reading Well' collection.

The success of the centre depends on its volunteers! If you would like to volunteer to help manage the centre or have a group that would like to use the centre please contact Nicky at Nicky.LeNoury@guernseymind.org.gg



Campaigns

Team Talk: Positive mental health in sport

Stop Male Suicide: Better support for men's mental health

Mums Matter: Promoting good mental health for mums

This is me: Showcasing positive mental health in Alderney

If you would like more information on any of our Campaigns please contact Laurel at Laurel.LeTocq@guernseymind.org.gg

Signposting Service

We will meet for an introductory chat to discuss access to Mind services, local services and online services. If you provide a local wellbeing service please let us know and we will be able to signpost to you. Contact Emily at Emily.Litten@guernseymind.org.gg

Community Services

Walk and Talk: A fortnightly 1-hour stroll and coffee on Thursday mornings.

1,000 Minds: Champions for mental wellbeing across the community. Show your support for the good mental wellbeing of everyone in the community.

Book Club: A monthly meeting will be held to discuss a variety of titles and genres.

Man Club: A space for men to just talk, or just listen. It's free, confidential and non-judgemental. Contact Phil at Phil.Surry@guernseymind.org.gg

If you would like more information on any of our Community Services please contact Jill at Jill.Chadwick@guernseymind.org.gg

Training Services

Mental Health First Aid: An internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. We will be offering free places on this 2-day course.

Awareness Training: This 1 hour introduction to mental health focuses on simple strategic and practical tools to manage your mental health or to support the mental health of family, friends and colleagues.

Contact Louisa at Louisa.Mace@guernseymind.org.gg or Jo at Jo.Cottell@guernseymind.org.gg



HOW TO HELP AND SUPPORT PEOPLE YOU KNOW



Avoid making assumptions

It can be difficult for people to talk about their mental health. Make it easier for them by ignoring the many stereotypes that exist around the subject. Avoid trying to guess what symptoms they might have and how these might affect their ability to live their lives – everybody's experiences are different and many people are able to manage their condition and continue to live their lives to the full.

Be respectful

People can be understandably anxious about discussing their mental health, so be sure to respect their privacy. Ask them if they would like anyone else to know.

Be flexible

Mental distress affects people in different ways and at different times in their lives, so be prepared to adapt your support to suit the individual. Listen to what they are saying and remember, don't make assumptions.

Encourage them to talk

Make sure they know that you are happy to talk about sensitive issues. How you deal with any information should be entirely dependent on the individual and it's vital that you focus on the person, not the problem. Ask honest and open questions about their experience, what the implications are, and most importantly, what support they might need.

Seek advice

An individual who is worried about their mental health should be advised to contact their GP in the first instance to gain access to help and support. The rest of this booklet suggests other local organisations that may be able to help.

Useful Websites

www.alzheimers.org.uk
www.britishlegion.org.uk
www.carersuk.org
www.lgbt.foundation
www.londonfriend.org.uk
www.mentalhealth.org.uk
www.mind.org.uk
www.rethink.org
www.sane.org.uk
www.themix.org.uk
www.time-to-change.org.uk
www.together-uk.org

Useful Apps

Better Stop Suicide
Breathe
Calm
Happy Not Perfect
Headspace

Mood Kit
Mood Path
Talkspace
The Zone

Thank you
to all of our
volunteers,
funders,
partners and
supporters.
We couldn't do
any of this
without you!



www.guernseymind.org.gg

JustGiving™

Please contact us at: Tel: 01481 722959
The Alderney Wellbeing Centre, Millennium House,
Ollivier Street, St Anne, GY9 3TD

YOU CAN FIND US ON:

