

**Transfers can be made using these details, according to location.**

**Taunton & West Somerset**

somccg.westsomersetewss@nhs.net

**Sedgemoor**

somccg.bridgwaterewss@nhs.net

**South Somerset**

somccg.mhssomerset@nhs.net

**Mendip**

somcch.mhmendip@nhs.net

**Adults can self-refer to the service**

24 hour Supportline

01823 276892

support@openmentalhealth.org.uk

**Open**  
Mental  
Health

**Open Mental Health** is a Somerset alliance of local voluntary organisations and the NHS. We are working in partnership to ensure that adults in Somerset get the support they need, when they need it.



**Giving patients the support they need when they need it**



## Do you have a patient or client who is presenting with anxiety, stress, depression or severe mental illness?

Mental health organisations have come together to provide 24/7 support to adults in Somerset.

Our shared ambition is to ensure that people living with mental health problems get **the right support at the right time.**

Working together, we support people to live a full life, by enabling access to specialist mental health services, housing support, debt and employment advice, volunteering opportunities, peer support, community activities and physical exercise, to help support and improve their wellbeing and quality of life.

## How can health and social care professionals transfer people to Open Mental Health?

Open Mental Health is accessible for adults in Somerset who are suffering from mental health problems. The organisations in this alliance form part of a wider ecosystem of mental health and wellbeing support across Somerset.

**By working together in partnership, we want to ensure that there is 'no wrong door' for anyone who needs help.**

If a transfer is made via one of these Somerset Mental Health partners, we will ensure they receive the most appropriate support, tailored to their needs.



### Open Mental Health locality hubs

Taunton & West Somerset, Mendip, South Somerset, Sedgemoor.

### Multi-agency locality team

- Clinical staff (developmental trauma, eating disorder, older people's specialists)
- Recovery and wellbeing workers (1:1 and group support)
- Peer Support
- Eating disorder support
- Debt, housing, benefits casework
- Age UK volunteers
- Volunteering opportunities

# How the network of support works

## An ecosystem of help and recovery activities

Recovery college

Social relationships

Social prescribing

Physical activity

Volunteers

Peer groups

Employment

Housing

Community crisis support