

## TEAM SHREWSBURY: MENTAL HEALTH UPDATE OCT-2022

### MIDLAND PARTNERSHIP NHS TRUST

- **Urgent Care 24/7** Phone Line 0808 196 4501
- **Emergency Help webpage** <https://www.mpft.nhs.uk/emergency-help>
- **Non-Urgent Help webpage** <https://www.mpft.nhs.uk/>
- **IAPTS**, – therapies provided online or by phone
- **BEEU** for children and adolescents – phone, online and face to face as needed.
- **KOOTH** for 11-24 year olds – online support, digital mental health care

### SHROPSHIRE COUNCIL

- **SHROPSHIRE COUNCIL MENTAL HEALTH RESOURCES WEBPAGE**  
<https://www.shropshire.gov.uk/coronavirus/information-for-the-public/mental-health-and-wellbeing/>
- **SHROPSHIRE CHOICES**  
Directory of local Mental Health and other services and charities  
<https://www.shropshire.gov.uk/shropshire-choices/>
- **TOGETHERALL**  
Web-based support (communities, therapies) bought in by Shropshire Council.  
<https://togetherall.com/en-gb/>
- **HEALTHY SHROPSHIRE**  
Mental Health and Wellbeing page <https://www.healthyshropshire.co.uk/topics/mental-health/>
- **SHROPSHIRE BEREAVEMENT SERVICE**  
Free access to 4 local charities offering support and FREE counselling. **Phone 0345 678 9028** Free downloadable booklets, one on practical help, the other about emotional support  
<https://www.shropshire.gov.uk/berereavement-services/support-and-resources-for-those-recently-bereaved/>
- **SHROPSHIRE+TELFORD & WREKIN BEREAVED BY SUICIDE SERVICE**  
Two part-time officers in post covering the two local authorities and providing 1:1 support over the long term and referral to a range of support services and charities as appropriate and wanted. The Shropshire contact is Maree Cottrell 07483 906788 [berereavementsupport@shropshiremhs.com](mailto:berereavementsupport@shropshiremhs.com)
- **SHROPSHIRE SUICIDE PREVENTION ACTION GROUP “Z CARD”**  
Listing all available sources of support  
<https://shropshire.gov.uk/media/13319/pick-up-the-phone-you-are-not-alone.pdf>

### SHROPSHIRE MHS (Mental Health Support - was Shropshire MIND)

- **Website** <https://www.shropshiremhs.com/> **Provides** – a wide range of support including drop-in, walking groups, allotment/gardening etc as well as practical help and supporting people with severe and sometimes suicidal feelings. **.Hosting Shrops Suicide Bereavement Support Officer** for Shropshire Public Health (see above)
- **SANCTUARY** - Hosted by Shropshire MIND and open for those in need.

### SAMARITANS

- ***You don't need to be suicidal to call Samaritans*** Whatever you're going through; a Samaritan Listening Volunteer will face it with you. We're here 24 hours a day, every day of the year.
- **Call 116123** (free to call even with no credit and doesn't show on bill) **Email** [jo@samaritans.org](mailto:jo@samaritans.org)
- **Samaritans Step by Step** - a free Samaritans service that provides practical support to help schools, colleges, universities and other youth settings (e.g., sports clubs, Scouts/Guides etc.) prepare for and recover from a suspected or attempted suicide. **Refer an incident by calling Freephone 0808 168 2528** (24/7)