

## Our Services

### Peer Led Activities

**Peer led activities offer a safe and supportive place where you can access additional support if you feel you need it.**

Peer led groups provide you with opportunities to try different activities and complementary therapies with a focus on wellbeing, relaxation and improving social connectedness.

### Threshold Women's Services

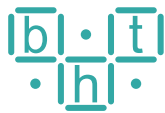
**Threshold offers dedicated women only counselling and pop-up drop-in support at our premises on Mondays and Tuesdays.**

Email [threshold@bht.org.uk](mailto:threshold@bht.org.uk) or see their leaflet for more information.

### Contact Us

**Contact us by phone or email, using the details on the front of this leaflet, or call in during office hours.**

Please contact us if you would like any **further information**, or a **referral form**.

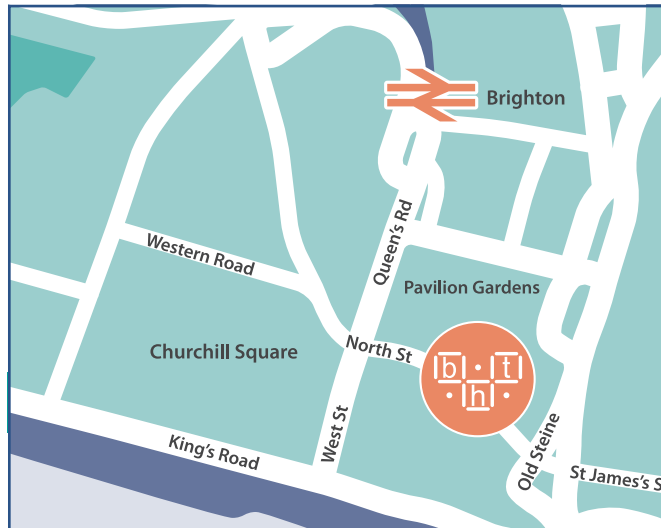


### Directions

We are located in **North Street** opposite **Bond Street**. Press the buzzer marked **BHT Mental Health and Wellbeing Services** and you will be let in. We are on the second floor.

### Public Transport

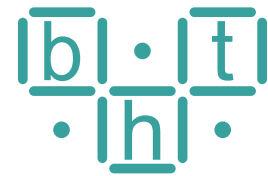
**We are within walking distance of Brighton's mainline station and the Brighton & Hove buses that stop at Churchill Square.**



### Equal Opportunities

**Awareness of Equal Opportunities is an integral part of our service.**

Everyone is welcome into our service regardless of their background.



Combating Homelessness  
Creating Opportunities  
Promoting Change

# Mental Health & Wellbeing Services



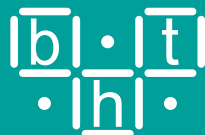
**Second Floor**  
27 - 29 North Street  
Brighton, BN1 1EB



[wellbeing@bht.org.uk](mailto:wellbeing@bht.org.uk)



[www.bht.org.uk/services/mental-health-and-wellbeing](http://www.bht.org.uk/services/mental-health-and-wellbeing)



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## Mental Health & Wellbeing Services



01273 929471

## Our Services

**BHT's Mental Health and Wellbeing Service aims to assist people to improve and maintain their mental health and wellbeing.**

If you are living in Brighton & Hove and are experiencing emotional difficulties or mental ill health, we offer a variety of activities that enable you to learn ways to cope with the challenges and changes you may be faced with.

### One to One Sessions with Counsellors

**Led by qualified counsellors, our one to one service provides you with a safe and confidential space.**

You can talk about what is happening in your life, explore your thoughts and feelings, build resilience and move towards solutions for the challenges you face.

### Practical Support and Signposting

**For people who would benefit from short term practical support and linking in with other services.**

Services and caseworker appointments are offered at various locations throughout the city.

## Wellbeing Groups and Workshops

**Wellbeing groups and workshops provide an opportunity for people to increase their understanding of a specific topic and provide practical tools to take away.**

We facilitate themed groups and workshops that focus on offering awareness and an opportunity for support with a particular area of difficulty that you may be experiencing:

Managing stress

Understanding anger

Understanding anxiety

Mindfulness

Post-natal depression

## Practical Life Skills Workshops

**Develop and raise self-confidence and awareness of your own potential through group learning.**

At request our life skills groups can be delivered in services at outreach locations across the city.

The programme includes:

Healthy eating on a healthy budget

Boost your strengths

First steps to work and learning

Make your money work for you

What's local?

Sleep easy

## Peer Support Volunteer Training

**If you have used BHT services and feel ready to support others, peer support training will provide you with the professional skills to lead special interest groups and activities.**

Current Peer Support Workers say this is **a way to make the best of our shared experience.**

**We believe that the ideas and opinions of people using our services are valuable. We offer a broad range of opportunities including a monthly forum for you to provide us with feedback and suggestions on the services we provide.**



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Services**



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