

Fundraising

Mind in Somerset needs support from wonderful fundraisers (like you?) to carry on providing vital services to people who desperately need them.

Could you have a cake sale, do a sponsored 10 mile run in a tutu or pay to see your boss covered in cold baked beans? We will leave that for you to decide!

The money you raise for Mind in Somerset ensures it is spent in your community for these services.

It really can save lives

Please contact our
Community Fundraising Manager

David Fields
(01935) 474 875

David.Fields@mindinsomerset.org.uk

Sara Warren
(01823) 334 906

Sara.Warren@mindinsomerset.org.uk

See what our other fundraisers are
doing on our Just Giving page.

To find out more about Mind in Somerset, to ask any questions or to get involved in our work and in the community, please get in touch:

Taunton Office
Sussex Lodge, 44 Station Road
Taunton, Somerset. TA1 1NS
01823 334 906

Yeovil Office
Unit 4, Yeovil Business Centre,
Houndstone Business Park,
Yeovil, Somerset. BA22 8WA
01935 474 875

Email us at:
info@mindinsomerset.org.uk

or visit our website:
www.mindinsomerset.org.uk

Mind in Somerset provides vital services for people with poor mental health



Mind in Somerset is a Registered Charity: No. 1109626



Mind in Somerset (charity registration number 1108526) is an independent charity formed from the merger of Mind in Taunton and West Somerset and South Somerset Mind in October 2018.

We are affiliated to the national charity Mind that campaigns for the rights of people who experience mental ill health and emotional distress.



"Our core purpose is to provide services and support to anyone affected by mental illness, improving their quality of life and wellbeing"

Our Projects

Bridging the Gap – A support and advocacy service for residents of Taunton Deane council housing who have mental wellbeing issues.

Mindline

A confidential telephone support service providing a safe place to talk if you, or someone you know, are in distress.

- **Mindline Somerset**
Listening Service – 01823 276892
- **Mindline South Devon & Torbay**
Listening Service – 0300 330 5454

Both are open 8pm until 11pm – Tue, Wed, Fri, Sat & Sunday and when Mindline is closed during office hours, we can connect you to Mind info line.

Mindline Trans+

This is a confidential, mental health helpline and signposting service for people who identify as Trans, A Gender, Gender Fluid or Non-binary.

The service runs on **Monday and Friday** evenings from 8pm until 12am – Phone 0300 330 5458.

Peer Mentoring

The Peer Mentoring Service provides individuals with the opportunity to meet others who have similar difficulties, to help reduce the stress of a court appearance and dealings with the criminal justice system.

Service Users Complementary Holistic (SUCH) Care

Provides access to complementary and holistic treatments to patients in mental health units in Somerset and community hospital wards.

Somerset Mental Health Hub

This is a collaboration with other community organisations promoting positive mental wellbeing and services to individuals with poor mental wellbeing or those that care for and support them.

Somerset Suicide Bereavement Support Service

This project is available to anyone bereaved by suicide in Somerset. They also run a suicide bereavement peer support group.

Somerset Mental Wellbeing Service

Somerset Mental Wellbeing Service works with people to use self-management, peer support and the 5 Ways to Wellbeing (Connect, Be Active, Take Notice, Learn and Give) to enable them to move towards recovery and independence.

Support groups

We run a number of Peer Support groups that meet in Taunton, Burnham-On-Sea, Bridgwater, Minehead and Watchet and other towns across Somerset. Some include specialised Hearing Voices groups and an All Gender Domestic Abuse group.

Training

We offer training in Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST), Mental Health Awareness for Sport and Physical Activity (MHASPA) and other bespoke training. We are also developing in conjunction with Taunton Women's Aid, sessions working with young people looking at building healthy relationships.

Time to Change Somerset

Time to Change is a project where the aim is to work together with local mental health organisations across Somerset and those with lived experience of mental health to help end mental health stigma and discrimination.

The Vanessa Project

This is an outdoor, allotment-based project (based in Yeovil) for adults.

Wiser£Money

The aim of the project is to improve the wellbeing and financial resilience of those struggling with their finances in the rural settlements of the Districts of West Somerset, Mid-Devon and North Devon

Youth Matters

For young people aged 11-18 suffering from poor mental health. As well as 1-1 sessions, there are also drop in sessions in Frome, Yeovil, Langport, Chard and Bridport

Young Carers

A service for young people who act as carers.

"Thank you so much for your help and support, it's meant so much."