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*Contacts for people with mental health issues and their families*

## Useful Information

Rotherham, Doncaster and South Humber NHS Foundation Trust specialises in delivering:

- Adult Mental Health Services
- Older People's Mental Health Service
- Children and Young People's Mental Health Services
- Learning Disability Services
- Drug and Alcohol Services
- Other Specialist Services, e.g. Forensic Services, Psychological Therapy Services

### Contact:

#### **Rotherham, Doncaster & South Humber NHS Foundation Trust**

Tickhill Road Hospital  
Weston Road  
Balby  
Doncaster  
DN4 8QN

**Tel:** 01302 796000  
**Textphone:** 0777 1933869  
**Website:** [www.rdash.nhs.uk](http://www.rdash.nhs.uk)

### **Adult Community Mental Health Services**

The Trust provides assessment and treatment in-patient services, but also offers a range of out-patient services in the community. There are Community Mental Health bases in Doncaster that cover all of the borough. The teams consist of Consultant Psychiatrists, Mental Health Social Workers, Community Psychiatric Nurses, Assessment Officers, Support Time and Recovery Workers, Occupational Therapists, Psychological Therapists and approved Mental Health Professionals.

The Acute Psychiatric in-patient facilities are now located within the Mental Health Unit on St Catherine's Hospital site. There is also a variety of support offered by locally and nationally based voluntary groups.

### **Adult Community Mental Health Services – Access Team**

Opal Centre  
St Catherine's  
Tickhill Road  
Balby  
Doncaster  
DN4 8QN

**Tel:** 01302 798400

The team provides an initial assessment of all specialist mental health referrals to identify individual need and the most appropriate service to meet that need.

### **Adult Community Mental Health Services- Social Inclusion Team**

Stapleton Resource Centre  
Stapleton Road  
Warmsworth  
Doncaster  
DN4 9LJ

**Tel:** 01302 566800

The Recovery team provides interventions for service users who experience psychosis and have complex needs. The Social Inclusion team provides interventions for service users who have experienced psychosis and require support to maintain well being.

### **Adult Community Mental Health Services- Community Therapies Team**

East Dene Resource Centre  
Lansdowne Road  
Intake  
Doncaster  
DN2 6QN

**Tel:** 01302 566888

The Community Therapies team provides interventions for service users with mild to moderate anxiety and depression. The Intensive Community Therapies team provides interventions for service users with severe depression and anxiety related disorders, including personality disorder and obsessive compulsive disorder (OCD).

### **Older People's Community Mental Health Team**

Cherry Tree Court  
Tickhill Road Hospital  
Balby  
Doncaster  
DN4 8QN

**Tel:** 01302 796104

Providing advice and support to older people in the community with mental health issues.

### **South Yorkshire Service for Deaf People with Mental Health Needs**

Swallownest Court  
Aughton Road  
Swallownest  
Sheffield  
S26 4TH

**Tel:** 01709 447452

**Mobile:** 07770 828452

**Eligibility:** deaf people with mental health needs of working age.

**Referral:** GP, Sensory Team DMBC, local mental health teams.

The service covers Doncaster, Barnsley, Rotherham and Sheffield. The service works in conjunction with local secondary care mental health teams to assess, support and provide interventions for deaf people who have a mental health need. The team includes a CPN and support worker. All members of the team can sign in British Sign Language (BSL) and have experience of working with deaf people.

## **Mind**

2-5 Princes Street  
Oracle House  
Doncaster  
DN1 3NJ

**Tel:** 01302 812190  
**Website:** [www.doncastermind.org.uk](http://www.doncastermind.org.uk)  
**Email:** [office@doncastermind.org.uk](mailto:office@doncastermind.org.uk)

**Referral:** Open  
Open to anyone who has or has had a mental health problem.

Advises on most forms of mental health problems. Day centre run on a drop-in basis. Provides activities. Also have a Counselling and Befriending Service and Supported Housing Service.

*Benefit Support:* 01302 812505  
*Counselling Service:* 01302 812486  
*Befriending Service:* 01302 812486  
*Supported Housing:* 01302 342525  
*Wellbeing Service:* 01302 812505

## **The Samaritans**

36 Thorne Road  
Doncaster  
DN1 2JA

**Tel:** 01302 327474  
**Helpline:** 0845 7909090  
**Website:** [www.samaritans.org](http://www.samaritans.org)

**Referral:** Open to anyone.

The primary aim of Samaritans is to be available at any hour of the day or night to befriend those passing through personal crisis and in imminent danger of taking their own lives. (complete confidence is assured at all times)

## **Changing Lives**

Oracle House  
2-5 Princes Street  
Doncaster  
DN1 3NJ

**Tel:** 01302 309800  
**Website:** [www.changing-lives.org.uk](http://www.changing-lives.org.uk)  
**Email:** [Doncaster-info@changing-lives.org.uk](mailto:Doncaster-info@changing-lives.org.uk)

The centre develops preventative mental health work with women. Services offered,

include individual support, counselling, group services, workshops, training and out-reach work.

## **The Alzheimer's Society**

(Doncaster & Rotherham)  
G18  
Mexborough Business Centre  
College Road  
Mexborough  
S64 9JP

**Tel:** 01709 580543  
**Website:** [www.alzheimers.org.uk](http://www.alzheimers.org.uk) (National)  
**Email:** [doncaster@alzheimers.org.uk](mailto:doncaster@alzheimers.org.uk)

**Referral:** By telephone, office visit, email, from other agencies and professionals

Open to people with all forms of dementia, their families and carers

The Doncaster branch provides support for people with Alzheimer's disease and other forms of dementia, and for their families and carers. There are memory cafés in Cantley, Conisbrough and Doncaster Central (contact for a current list).

## **Sane**

St Mark's Studio  
14 Chillingworth Road  
Islington  
London  
N7 8QJ

**Tel:** 020 3805 1790  
**Helpline:** 0300 3047000  
**Website:** [www.sane.org.uk](http://www.sane.org.uk)  
**Email:** [info@sane.org.uk](mailto:info@sane.org.uk)

Open 6pm - 11.00pm Every day

**Referral:** Open.

Open to those with a mental illness and their carers.

Offers the opportunity for any one experiencing emotional or mental health problems, or their families and carers to talk about their situation. Information about services that might be helpful is also provided to callers who request it.

### **Rethink Mental Illness**

1 Imperial Crescent  
Doncaster  
DN2 5BU

**Tel:** 01302 329491

**Advice Service:** 0300 5000 927 (National)

**Email:** [info@rethink.org](mailto:info@rethink.org)

**Website:** [www.rethink.org](http://www.rethink.org)

*Crisis Outreach Workshops* - 01302 329491  
Weekly workshops delivering a range of activities chosen by group participants such as relaxation techniques, arts and crafts and coping strategies.

#### *Crisis Accommodation*

- Provides support for people leaving the recovery house and provides suitable emotional and practical solutions
- Short-term accommodation for people experiencing a mental health crisis
- In-Reach workers facilitate early discharges from in-patient units and support resettlement back into the community

*24/7 Doncaster Helpline* - 0808 8010442  
Offering emotional support and information to people aged 16 and over who are affected by mental illness.

### **Talking Shop**

63 Hallgate  
Doncaster  
DN1 3PB

**Tel:** 01302 565650

Town centre located support service providing free, confidential advice about mental health and well being.

### **Big Ambitions CIC**

Jade Centre  
Askern Road  
Bentley  
Doncaster  
DN5 0JR

**Tel:** 01302 874963

**Website:** [www.bigambitions.org.uk](http://www.bigambitions.org.uk)

**Email:** [enquiries@bigambitions.org.uk](mailto:enquiries@bigambitions.org.uk)

Deliver support programme to help people with mental health difficulties to gain and retain employment.

### **Riverside ECHG**

Wharf House  
Wharf Road  
Doncaster  
DN1 2ST

**Tel:** 01302 558014

**Website:** [www.riverside.org.uk](http://www.riverside.org.uk)

Mental Health Floating Support Service in Doncaster provides support to single people or families in their own homes. The staff team support people to maintain their tenancy/ property and liaise/sign post to other appropriate agencies.

### **Patient Advice and Liaison Service (PALS)**

RDASH  
Woodfield House  
Tickhill Road Hospital  
Weston Road  
Balby  
Doncaster  
DN4 8QN

**Tel:** 0800 015 4334 / 01302 796000

**Email:** [pals@rdash.nhs.uk](mailto:pals@rdash.nhs.uk)

Service can provide information about NHS or other health related enquiries and can help resolve concerns or problems when using the NHS.