



## INFORMATION SHEET 7

# Caring For People With Mental Health Problems



Statistics show that one in five of the population will suffer some form of mental health problem at least once in their lifetime. Happily most people are treated successfully and return to normal life quickly. For those needing more support, a range of services are provided by the Local Authority, the Health Authority and voluntary agencies which offer advice, support, treatment and therapy.

### SERVICES PROVIDED BY THE HEALTH AUTHORITY

#### **Services for people aged between 16 and 65 are arranged through the Community Mental Health Team (CMHT) West Sector**

##### **The Community Mental Health Team (CMHT)**

**West sector** - is based at Mellmead House day hospital, 4 Orchard Close, Wanstead, E11 DH.

**Referrals** are accepted from users, carers, statutory and voluntary agencies.

**Tel: 020 8491 2181**

##### **East Sector:**

**Referrals** from clients, carers, voluntary agencies and professionals. The team is based at The Stratford Centre, Goodmayes Hospital, Barley Lane, Ilford, IG3 8XJ

**Tel: 020 8970 4091 Fax: 020 8970 5719**

**Drug and Alcohol Service** is for people living in Redbridge under 65 years of age experiencing drug and alcohol problems. The service offers free advice, information, counselling and treatment, telephone advice and counselling to the general public.

**Referrals** self-referrals preferred but taken from any source.

**Tel: 020 8924 6510 Fax: 020 8924 6509**

**Headway** - Brain injury association - aims to promote understanding of all aspects of brain injury, and to provide information, support, and services to people with a brain injury, their families and carers. tel: 020 8970 4043.

**Grovelands Day Hospital** offers day places Monday to Saturday for clients over 65. Clients are treated for functional illnesses and memory impairment. A range of therapeutic activities is organised.

**Referrals** are made through the CMHT for Older People by self-referral, GP, carers, voluntary and professional agencies. The GP will be informed of any referral from other sources.

**Tel: 020 8924 6500 or 020 8924 6501**

### **SERVICES PROVIDED BY THE LOCAL AUTHORITY**

#### **Black/Ethnic Minority Mental Health Project: (Befriending and Support)**

Room 126 Ley Street House, 497 - 499 Ley Street, Ilford, IG2 7QX offers a befriending service, empowering people and encouraging them to move on into mainstream living.

**Referrals** accepted from mental health professionals and people on the CPA register.

Call **020 8708 5166** for further details.

**Redbridge Resource Centre(formerly mental health day centre)**, Ley Street House, 497 - 499 Ley Street, IG2 7QX. provides a varied programme for people aged between 18 and 65. Activities include arts and crafts, use of computers with access to the internet, creative writing, music, drama, social events, relaxation classes, photography and pottery.

**Referrals** from GP's, Social Workers, CPN'S and Community Mental Health Teams. For more details call **020 8708 5112**

### **SERVICES PROVIDED BY VOLUNTARY ORGANISATIONS**

**Alzheimer's' Society Redbridge Branch** offers information, advice and support to carers of those with all forms of dementia.

**Referrals** anyone is able to call the office for help **Tel: 020 8970 5770**

**Anxiety Care**, Cardinal Heenan Centre, 326 High Road, Ilford 1G1 1QP

**Tel: 020 8262 8891/2**

**email: [anxietycare@aol.com](mailto:anxietycare@aol.com),**

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

**Concern for Mental Health** is a resource and support service for mental health voluntary agencies, users and their carers. For more information please call **020 8925 2435**

**Fax: 020 8514 8117, Email: [rcmh.ilford@virgin.net](mailto:rcmh.ilford@virgin.net)**

#### **Jewish Care**

**Referrals:** Self-referrals welcome

For more information **Tel: 020 8518 5437**

**For services for carers** please contact **Tel: 020 8920 4148**

For a full spectrum of projects contact Jewish Care Direct **Tel: 020 8922 2222**

**Redbridge Resource Centre - Community Outreach Service**, 372 Chadwell Heath Lane, Chadwell Heath, Romford, RM6 4YD

offer a range of services to people with dementia and their carers.

The team is not a crisis service. Given the nature of dementia, the service would aim for focussed interventions agreed with the person with dementia, their carers

and others involved in providing their package of care.  
For more information call **020 8708 9150, Fax: 020 8708 9157.**

**Redbridge Respite** is based at the Cardinal Heenan Centre, 326 High Road, Ilford, IG1 1QP and provides domiciliary respite to carers.  
Day Centre for people with dementia.

**Referrals** open referrals, anyone can call.  
For more information contact **020 8514 6252**

**Rethink Redbridge - (formerly National Schizophrenia Fellowship)** the group meets at 19 Mansfield Road, Ilford.

For advice and information call **Tel:020 8554 0498**

*Updated January 2007*