

## JRC Signposting Information

Below is a list of local charities, organisations and Government of Jersey services that provide help, information and support for mental, physical and emotional health.

### Community Services for Mental Health Support

All these services are free to attend and are self-referral. Most of these are adult services (18+) although some may cater for younger people. For a list of young peoples' mental health services visit Mind Jersey's [Children and Young People's page](#) on its website.

#### Focus on Mental Illness

Tel: 07797 711900

Email: [info@focusmi.org](mailto:info@focusmi.org)

- Support for Individuals and Family/Carers who are affected by severe mental illness

#### Jersey Employment Trust

Tel: 01534 788900

Email: [admin@jet.co.je](mailto:admin@jet.co.je)

<https://www.jet.co.je/>

- Jersey Employment Trust and Acorn Enterprises offer employment training and support to anyone with a disability, long term health condition or mental health condition who may have difficulty finding employment in the open labour market.

#### Jersey Recovery College

Tel: 01534 505977

Email: [hello@recovery.je](mailto:hello@recovery.je)

[www.recovery.je/courses](http://www.recovery.je/courses)

- Jersey Recovery College (JRC) is a local mental health charity. It provides free education and training opportunities for those experiencing mental health difficulties and the families, friends and professionals who support them in Jersey.
- JRC courses support adults (18+) to enhance their knowledge and understanding of mental health conditions, recovery, wellbeing and life skills.
- Courses are free to attend and are self-referral.
- All JRC courses work to provide hope, opportunity and empowerment to its students.
- Every course is co-produced and delivered by a Peer Facilitator, with lived experience of mental illness, and a co-facilitator, with professional expertise in the topic area. At JRC those with lived experience of mental health difficulties work with all sorts of professionals, including mental health clinicians, to govern, design and deliver our service.

#### JEDS (Jersey Eating Disorders Support)

Tel: 07797778016 – Karen / 07797774794 – Elaine / 07797936363 – Amy

Email: [eatdisordergroupjersey@hotmail.com](mailto:eatdisordergroupjersey@hotmail.com)

Website: <http://www.jeds.je/>

Facebook: [www.facebook.com/JEDSjersey](http://www.facebook.com/JEDSjersey)

- JEDS is a registered local Jersey charity providing support for those affected by eating disorders and their families and friends. They provide group support and 1-2-1 counselling and peer support from those who have personal experience of having an eating disorder or caring for someone with one.
- Those living with an eating disorder can contact Amy on 07797936363 or email [amydingle1992@hotmail.com](mailto:amydingle1992@hotmail.com)

#### References:

<http://www.mindjersey.org/get-support/signposting/adult-signposting>

<https://www.gov.je/Health/Coronavirus/Volunteering/Pages/SupportServices.aspx>

<http://www.jod.je>



- Caring for or supporting someone with an eating disorder can be very challenging. If you would like support, please ring Karen on 07797778016 between 10am and 10pm or contact her by email on [eatdisordergroupjersey@hotmail.com](mailto:eatdisordergroupjersey@hotmail.com)

### **Liberate Jersey**

Email: [hello@liberate.je](mailto:hello@liberate.je)

<https://liberate.je/counselling/>

- Offer free counselling over telephone or video link to anyone who is struggling to cope.
- This is a service that has been developed in response to COVID.
- It is open to anyone living in Jersey and due to capacity works on a first come first served basis.
- The offer aims to assist those experiencing stress, anxiety, panic, depression, grief and other mental health issues due to the conditions imposed by the crisis.

### **Linc Community Mental Health Support Group**

<https://www.linc.je/linc-community>

- LINC stands for Living in a Networked Community. Linc Community Mental Health Support Group meets every Wednesday between 1130am – 130pm. It is a social group facilitated by people with lived experience where attendees can try new activities and get social support. Venues of meetings change at the moment due to COVID. Best check their Facebook page.

### **Listening Lounge**

Tel: 01534 866793 (Opening times: 10am – 10pm, everyday)

Email: [peer@listeninglounge.care](mailto:peer@listeninglounge.care)

[www.linc.je/listeninglounge](http://www.linc.je/listeninglounge)

- The Listening Lounge provides mental health and wellbeing support for adults aged 18 and over.
- All services are free and can be accessed either by dropping in between the opening hours or via self-referral. During COVID in-person support works on an appointment basis.
- Support is offered by trained peer support workers and counsellors.
- The Listening Line - A dedicated mental health phone service providing support no matter what difficulties you're experiencing.
- Online Therapy - If face to face counselling isn't for you, or if you'd prefer something a bit more flexible, you might prefer online therapy. SilverCloud is an online space that's safe and secure with easy to use, interactive programmes that are tailored to your needs.
- Counselling - You can self-refer for counselling by visiting:  
<https://listeninglounge.counsel360.co.uk/Referral/create?fbclid=IwAR3s6H47iV5ralWHXSZV2f-TX4xlxvPjrOUOuVjCzJtJV8CjWxRLMCb1bRY>

### **Menspace**

Email: [menspacejersey@hotmail.com](mailto:menspacejersey@hotmail.com)

[www.facebook.com/menspacejersey/](http://www.facebook.com/menspacejersey/)

- Menspace is a meetup group for Men with Mental Health problems. It is a space where you come and chat with other guys in the same boat.

### **Mind Jersey**

Tel: Freephone 0800 7359 404

[www.mindjersey.org/](http://www.mindjersey.org/)

- To provide support, advice and information to encourage Islanders to talk about their mental health openly.
- Phone line is open everyday from 8am to 6pm.
- Family and Carers - Mind Jersey supports the families, carers and friends of those who are ill. It can be really worrying when someone you know is going through a difficult time. They can help you understand your loved one's illness and how best to support them.
- Children and Young People – Mind run a variety of support for children and young people experiencing or impacted by mental health difficulties. See website for more details.



- Peer Support Service - Living with a mental illness can feel very isolating, the benefits of peer support are widely acknowledged in helping experience and recovery.
- Provide Mental Health First Aid Training.

### **My Voice**

Tel: 07797 716447

Email: [advocacy@myvoice.org.ie](mailto:advocacy@myvoice.org.ie)

<https://myvoice.org.ie/>

- An independent advocacy service for anyone experiencing severe mental illness or lacking capacity.

### **Pregnancy in Mind**

Tel: 01534 760800

Email: [jerseyservicecentre@nspcc.org.uk](mailto:jerseyservicecentre@nspcc.org.uk)

<https://learning.nspcc.org.uk/services-children-families/pregnancy-in-mind>

- Pregnancy in Mind is a preventative mental-health service designed to support parents who are at risk of or are experiencing mild to moderate anxiety and depression during pregnancy.
- It is an antenatal group intervention delivered by professionals during the middle trimester of pregnancy. Parents-to-be are able to attend the programme between 12 and 28 weeks gestation.

### **Samaritans**

Tel: Freephone 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

- You can get in touch about anything that's troubling you, no matter how large or small the issue feels.
- They are there to listen, no judgement, no pressure, and help you work through what's on your mind. They'll never tell you what to do.

### **Silkworth Charity Group**

Tel: 01534 729060

Email: [info@silkworthlodge.co.uk](mailto:info@silkworthlodge.co.uk)

<https://www.silkworthlodge.co.uk/>

- There is residential rehabilitation for those affected by drug and alcohol addiction.
- They provide a family programme as well as a children's 'Silkworms' service.

## Local Mental Health Support

In the first instance we would always advise seeing your GP to access mental health services. The services below need a referral from a professional or GP with the exception of the Alcohol and Drug Service which can be self-referral.

### Adult Mental Health Services

Tel: 01534 445841 (Open Monday to Friday 9am – 5pm)

<https://www.gov.je/Health/Mental/pages/adult.aspx>

- Jersey Adult Mental Health Service works primarily with people aged 16 to 65 (and their families) whose lives are affected by mental ill health.
- The service comes under 3 main areas:
  - Acute Community Mental Health Team
  - Continuing Care Service
  - Orchard House Acute Admission Unit
- Referrals into the service are accepted by a variety of health professionals. If you would like a referral, speak to your GP.
- For out of hours and emergencies the team can be accessed through local GPs and the Emergency Department at the General Hospital.

### Alcohol and Drug Service - Alcohol Pathway Team

Tel: 01534 445008

Monday to Friday, 9am to 1pm and 2pm to 5pm

<https://www.gov.je/Health/AlcoholDrugs/Pages/AlcoholHelp.aspx>

- Information and support for drug & Alcohol use.
- An open referral system. You can refer yourself by emailing [ga&dservice@health.gov.je](mailto:ga&dservice@health.gov.je) or calling on +44 (0) 1534 445008. Also accept referrals from GPs and other health professionals.

### Child and Adolescent Mental Health Services (CAMHS)

Tel: 01534 445030

Email: [hsscams@health.gov.je](mailto:hsscams@health.gov.je)

<https://www.gov.je/Health/Mental/pages/children.aspx>

- The Child and Adolescent Mental Health Service (CAMHS) is a mental health assessment and therapeutic service for children and young people up to the age of 18 and their families. The service is based at Liberté House on La Motte Street.
- They offer assessment, diagnosis and treatment for children and young people suffering from difficulties with emotions, behavioural, relationships, developmental and mental health disorders (e.g. psychosis, eating disorders)

### Jersey Talking Therapies

Tel: 01534 444550

Email: [JTT@health.gov.je](mailto:JTT@health.gov.je)

<https://www.gov.je/Health/Mental/Pages/JerseyTalkingTherapies.aspx>

- JTT offers psychological therapies for people who are resident in Jersey for people aged 18 and over who feel anxious, worried, low or sad.
- Offer one to one therapy/ counselling including Cognitive Behavioural Therapy (CBT), Mindfulness and EMDR.
- Educational groups which are made up of 10 to 15 people with similar symptoms and includes, Mindfulness, Mood Tools and Emotional Coping Skills.
- You can be referred by your GP or other agencies or health professionals you may be involved with.

### Educational Psychology (Inclusion and Early Intervention Section)

Tel: 01534 445504

Email: [inclusion@gov.je](mailto:inclusion@gov.je)

<https://www.gov.je/Health/Children/ChildDevelopment/Pages/EducationalPsychologist.aspx>

- The Educational Psychology Service (EPS) is part of the Inclusion and Early Intervention Team.



- They provide psychological services and support to all schools and settings (0-19 years) in Jersey and help children and young people overcome barriers to learning.

### **Older Adult Mental Health Services**

Tel: 01534 445841 (Open Monday to Friday 9am – 5pm)

<https://www.gov.je/Health/Mental/Pages/CommunityMentalHealthOlderPeople.aspx>

- Jersey Adult Mental Health Service works with people over 65 (and their families) whose lives are affected by mental ill health.
- The service comes under 3 main areas:
  - Community Mental Health Team
  - Memory Clinic
  - Day assessment unit
  - Day care services
  - Clinique Pinel and Rosewood House Admission Units
- Referrals into the service are accepted from GPs.

## Other Local Charities and Support Groups

### Age Concern

Tel: Freephone 0800 735 0345

Email: [info@ageconcern.je](mailto:info@ageconcern.je)

<http://www.ageconcern.je/>

- Information for people 55+, whatever their needs, interests or circumstances.

### Alcoholics Anonymous

Tel: 01534 726681 - Phone is manned by AA Members

7.00 am to 10.00 pm daily

<https://www.alcoholics-anonymous.org.uk/members/Regional-&-Local-Websites/South-West-Region/Jersey-Intergroup/Welcome-to-Alcoholics-Anonymous-In-Jersey-CI>

- A Fellowship of men and women who share their experience, strength and hope, to help themselves and others recover from alcohol dependency.

### Autism Jersey

Tel: 01534 871888

Email: [ajadmin@autismjersey.org](mailto:ajadmin@autismjersey.org)

<https://autismjersey.org/>

- Enabling people on the autism spectrum to achieve their potential by advocating for an inclusive community and providing personalised services to the individual, families and carers.

### Brighter Futures

Tel: 01534 449152

Email: [info@brighterfutures.org.je](mailto:info@brighterfutures.org.je)

<https://www.brighterfutures.org.je/>

- Supporting parents, carers, children and young people in Jersey.
- They offer a range of programmes which address three key areas of family life;
  - relationships within the family
  - self-awareness and self-management
  - self-esteem and confidence

### Caring Cooks

Tel: 07797 728807

Email: [info@caringcooksofjersey.com](mailto:info@caringcooksofjersey.com)

<https://www.caringcooksofjersey.com/>

- Believe that good food and nutrition from birth and throughout a child's life is crucial to successful development, in all areas of their lives.
- To positively empower and influence the future health of our Islands children and young people, now and for generations to come.

### Citizens Advice Bureau

Tel: 01534 724942 or Freephone: 0800 735 0249

Email: [advice@cab.org.je](mailto:advice@cab.org.je)

<https://www.cab.org.je/>

- Provide independent, confidential and impartial advice that Islanders need for the problems they face.



### **Dementia Jersey**

Tel: 01534 443075

Email: [Info@dementia.com](mailto:Info@dementia.com)

<https://dementia.je>

- They are there to help and support people with dementia and their families, friends or carers.
- They provide groups and activities, counselling and family support, education, art exploration, friendship group, musical memories, and weekly social swimming.

### **Family Nursing and Home Care**

Tel: 01534 443600

Email: [enquiries@fnhc.org.je](mailto:enquiries@fnhc.org.je)

<https://www.fnhc.org.je/>

- Family Nursing and Home Care (FNHC) is a Jersey charity committed to providing high quality, integrated nursing and home care in the community from pre-birth to end of life.
- Services touch the lives of more islanders than any other charitable organisation, helping children, their families, the sick, the elderly and the dying. We have teams of experienced and highly qualified nurses operating a range of services including, Health Visitors, School and Children's Nursing, District and Specialist Nursing as well as Home Care.

### **Gamblers Anonymous**

E-mail: [info@ga.org.je](mailto:info@ga.org.je)

<http://www.ga.org.je/about/about.htm>

- A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

### **Headway**

Tel: 01534 505937

Email: [headwayinjersey@gmail.com](mailto:headwayinjersey@gmail.com)

<https://headway.org.je/>

- Headway Jersey provides essential support, information, and services to people in Jersey who are affected by brain injury.

### **Jersey Action Against Rape**

Tel: 01534 482800

Email: [help@jaar.je](mailto:help@jaar.je)

<http://www.jaar.je/>

- They are there to prevent and heal the trauma of rape and sexual assault.
- They are not an emergency service but are able to provide long term counselling and support.

### **Jersey Hospice Bereavement Service**

Tel: 01534 876555

Email: [administration@jerseyhospicecare.com](mailto:administration@jerseyhospicecare.com)

<https://www.jerseyhospicecare.com/our-services/community-bereavement-service>

- The Community Bereavement Service is available to adults and children of all ages in need of support, whilst coming to terms with the death of a relative or friend. Our service can help you to find ways that can help you to start take control of your life again.

### **Jersey Online Directory**

Tel: 01534 724942 or Freephone 0800 735 0249

Email: [advice@cab.org.je](mailto:advice@cab.org.je)

<http://www.jod.je>

- They provide a list of services, charities and support groups in Jersey with links to telephone numbers, email address, websites and information.



### **Oxygen Therapy Centre**

Tel: 01534 737297

Email: [info@oxygen.org.je](mailto:info@oxygen.org.je)

<https://oxygen.org.je>

- They are focused on providing support and rehabilitation for people in Jersey who are living with various chronic conditions such as MS, Fibromyalgia, ME, Chronic Pain and Fatigue
- The team at Oxygen Therapy have extensive experience with a variety of chronic conditions and are here to offer a helping hand. They also provide a variety of specialist services including High Dose Oxygen Therapy, Complementary Therapies, Cyclo-ssage and Meditation. Members of the Oxygen Therapy Centre can benefit from access to these services as well as advice and regular social events.

### **Salvation Army Jersey**

Tel: 01534 735472

Email address: [richard.nunn@salvationarmy.org.uk](mailto:richard.nunn@salvationarmy.org.uk)

Email address: [alice.nunn@salvationarmy.org.uk](mailto:alice.nunn@salvationarmy.org.uk)

- The Salvation Army provide a foodbank for anyone who is unable to obtain or afford food. Telephone us on 01534 872270 or email [foodbank@salvationarmy.org.je](mailto:foodbank@salvationarmy.org.je)
- They run a Community Café open Monday to Friday 9.00 am to 4.00 pm where they serve homemade soup free of charge

### **Triumph Over Phobia (TOP) Jersey**

Tel: 01534 608008 or 0800 735 0608

Email: [topjerseyci@gmail.com](mailto:topjerseyci@gmail.com)

<http://topjersey.org>

- Triumph Over Phobia (TOP) Jersey is a self-help group for sufferers of phobias, Obsessive Compulsive Disorder (OCD) and other related anxiety conditions.
- They are dedicated to helping sufferers overcome their fears and become ex-sufferers by using a model of Cognitive Behaviour Therapy, an evidence based treatment method for a variety of anxiety disorders. It uses exposure therapy to help people face their fears and manage their anxiety.
- Group meetings are held every Thursday at 7pm. Please email or call first for an informal discussion.