

Across mid and north east Essex

Practical support

Support, Time and Recovery Service (STaRS)

for people living with a mild to moderate mental health problem
who need help with practical issues they may be facing



What is the Support, Time and Recovery Service and who is it for?

Our free Support, Time and Recovery Service is for adults living with a mild to moderate mental health problem in mid and north east Essex.

It is for people who need information and practical support.

We sometimes shorten the name of the service to 'STaRS' so you might hear it called that.

STaR workers work with you and other local organisations to make sure you can get the help you need with things like:

- housing
- debt and finance problems
- how to job seek and where you can go to volunteer
- employment support

They can also introduce you to groups and activities local to you if you are feeling lonely and isolated.

A worker is there to help you for a short period of time and will work with you on an action plan to support you. They will arrange to meet you in the community if needed. They can also support you on the phone.





How do I get help from the service?

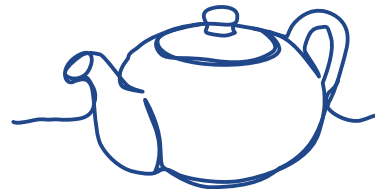
Our Support, Time and Recovery Service (STaRS) is for those living in mid (Chelmsford, Maldon and Braintree districts) and north east (Colchester and Tendring districts) Essex. You can get help from the service through Health in Mind so you'll often hear our STaR workers mention that name.

You can call Health in Mind yourself or ask your GP to refer you. You can also contact us at Mid and North Essex Mind to ask for a self-referral form.

If you want to refer yourself to Health in Mind you can do so on their website at www.northessexiapt.nhs.uk or by calling 0300 330 5455 if you live in north east Essex or 01376 308704 if you live in mid Essex.

You must be registered, or be intending to register, with a GP in the area to access Health in Mind, although they won't necessarily contact them if you do not want them to.

To find out more information about Health in Mind, please visit www.northessexiapt.nhs.uk



For more information about our services please visit mnessexmind.org or call 01206 764500, Monday to Friday, 9am to 5pm.

We're Mid and North Essex Mind, the mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now. Whether your stressed, depressed or in crisis, we'll listen and give you support.

We work with children from the age of 5 and adults of all ages. Some people use our services for only a little while and others might need help for longer.

We are a local, independent charity connected to the national charity Mind. At Mid and North Essex Mind we have to raise our own money to run our services. We work from Chelmsford to Clacton, from Braintree to Colchester – we cover all of mid and north east Essex.

If you want to raise some money or donate to support the work we do in the local area visit mnessexmind.org/support-us or call or email the fundraising team on fundraising@mnessexmind.org or 01206 764500.



Tell us your thoughts

We always need to know what we're doing well and what could be done better.

Write to us on: Operations Manager,
Mid and North Essex Mind,
The Constantine Centre, 272a Mersea Road,
Colchester CO2 8QZ.

 mnessexmind.org

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If you need extra copies of this leaflet please call Mid and North Essex Mind on 01206 764500 with the leaflet title and issue number: STaRs, issue 1.

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for better mental health North Essex

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