



Mid and North
East Essex

“ We offer **hope** and **support**
for good mental health so
that no one feels alone ”

About us...

**We're Mid and North East Essex Mind,
your local mental health charity.**

We offer hope and support
for good mental health so that
no one feels alone.



 **mind** Mid and North East Essex

Our mission

We listen to our
communities and offer
compassionate and inclusive
mental health services,
resources and practical support
to promote wellbeing
for everyone.



We're your local Mind

Do you know the difference between a Local Mind and National Mind?

We are proud to be part of the Mind Federation. We collaborate with Mind to make sure their pioneering campaigns, information and research makes a difference in Mid and North East Essex. Together, we make better mental health possible both locally and nationally. There are over 100 local Minds up and down the country, supporting local communities and fighting for better mental health. We're proud to be part of the wider Mind family which includes Mind, the national charity, and its retail shops.

We're connected. We're part of a network of local Minds across England and Wales, which means we benefit from sharing knowledge and ideas.


Even though we are part of this network, we set our own strategies and generate all of our own income to be spent locally across Mid and North East Essex. **We rely on local fundraising and donations** to continue the important work we do.

All our services are built with the people in Mid and North East Essex in mind, so we can tailor support to the needs of our community and best serve them. We provide support in Chelmsford, Braintree, Maldon, Colchester, Clacton with outreach in our wider community too. **Being local means we understand our community** – so we provide services that people need locally.



Get support...



In partnership with: 

“The Sanctuary team really listened and made me feel better about myself”



The North East Essex Sanctuary

The North East Essex Sanctuary provides compassionate, non-clinical mental health support for adults experiencing mental health distress.

Our aim is to **help individuals access the right care**, at the right time, in a way that feels safe, respectful and tailored to their needs.

Alongside one-to-one support, the Sanctuary also offers a range of supportive group sessions. These provide welcoming spaces for people to connect with others who may share similar experiences, helping to reduce isolation and build coping strategies.

We work closely with a wide range of partners to offer holistic, joined-up care, making mental health support accessible to anyone aged 18+ living in North East Essex.

Open 365 days a year, from 10am-11pm (last in-person visit 9pm). Self-referrals and community referrals can be made by calling **0300 330 9492** or emailing **neesanc@mnessexmind.org**. Visit **www.neesanctuary.co.uk**



Scan the QR code to watch our service video




Mid Essex Sanctuary

The Mid Essex Sanctuary is a free, out-of-hours **safe space for adults** living in Chelmsford, Maldon and Braintree who are experiencing emotional distress or a mental health crisis. It's a calm, supportive alternative to emergency services when you need someone to talk to, helping you manage feelings like anxiety, panic, depression or suicidal thoughts and find ways forward.

How to access

- **NHS 111 (Option 2)** — call to be referred into the Sanctuary.
- You can also talk to your GP or other healthcare professional who can make a referral for you.

If you are in immediate danger or need urgent medical help, always call 999 or go to A&E

In partnership with: 



Get support...

Bereaved by Suicide Support Service

We offer free, confidential support for people in North East Essex and Suffolk who have been affected by the suicide of someone close to them. Whether you're a family member, friend or colleague, you don't have to go through this alone.

Our service provides one-to-one support and peer support groups, offering a safe, understanding space to talk. We can also help with practical guidance during what can be an overwhelming and confusing time. Delivered in partnership with Suffolk Mind, support is shaped around what feels right for you.

How to access the service

You can refer yourself, or a professional can refer on your behalf.

- Complete the Request for Help form at messexmind.org/bereavedbysuicide
- Call us on **0300 330 1389**
- Or get in touch by email to talk through your options, info@bereavedbysuicidesupport.org



“This has been a journey positively influenced by you and the team who provided such comprehensive support. I am feeling much better now and would like to express my sincere gratitude.”



Welcome Cafés

Our Welcome Cafés are free, friendly spaces where you can spend time with others in a relaxed, supportive environment. Enjoy a cuppa, have a chat, take part in creative activities, or simply sit and feel comfortable around others, there's no pressure to talk or take part.

Each café is led by a Wellbeing Facilitator who is there to listen, offer support, and help create a calm and welcoming atmosphere. Many people come to our cafés to feel connected, reduce feelings of isolation, or take a gentle break in their day.

Welcome Cafés are held in a number of locations across Mid and North East Essex, including **Colchester, Clacton, Chelmsford, Southminster** and **Maldon** (commences Spring 2026).

To attend a Welcome Café, you'll need to complete a short self-referral form via our website. Visit mnessexmind.org to find your nearest café and make a referral, or scan the QR code.



“Whether you want to do arts and crafts on your own or with others, just being around friendly people makes such a difference. Everyone’s so supportive and understanding—it’s a place where you truly feel welcome.”

Emily, Welcome Café attendee

Get support...



“I’ve felt very overwhelmed and just having someone in your corner means the world.”

Practical Support: STaRS

If you are an adult (16+) living with a mild to moderate mental health problem and need practical support for one or more issues, then our Support Time and Recovery Service (STaRS) can help with resolving these and accessing other local services and organisations where appropriate.

STaRS workers are here to work with you to make sure you can get the help you need with things like housing, debt and finance problems, benefits and much more.

We’re here to introduce you to groups and activities local to you if you are feeling lonely and isolated, and help you find volunteering opportunities in your local community.

We are a short-term service and will work with you on a plan to overcome any practical barriers. We can see you face to face, on the phone or virtually.

We offer **support and guidance** in a variety of ways including:

- Supporting with accessing the right benefits
- Finances and debt
- Housing related issues
- Volunteering and engaging with the community
- Social Inclusion
- Support with meetings and phone calls



How to get help from the STaRS service

If you live in North East Essex you can refer yourself online. Visit the Therapy for You website, www.therapyforyou.co.uk to find out more, or you can call **01206 334001**.

Counselling Service

We deliver a counselling service on behalf of the NHS Talking Therapies programme, Therapy for You. Counselling is there to help you deal with issues that are causing emotional pain or making you feel uncomfortable. It can provide a safe and regular space for you to talk and explore difficult feelings. The counsellor is there to support you and respect your views. They won't tell you what to do but will help you find your own way of understanding your experiences.

If you live in North East Essex (Colchester and Tendring districts) and are looking for counselling, you can get help from our counsellors through Therapy For You, which is part of the NHS Talking Therapies. You can refer by making a referral on their website www.therapyforyou.co.uk or by phone on **01206 334001** or by asking your GP to refer you.

Therapy For You offers free and confidential talking therapy for those with mild to moderate anxiety or depression.



Individual Placement & Support (IPS)

At **Mid and North East Essex Mind**, we know that having a job can make a big difference to your mental health. It can give you confidence, routine, purpose and a chance to meet new people. That's why we offer the **Individual Placement and Support (IPS) Service**.

IPS is a free service that helps people with mental health challenges find and keep paid jobs. If you want to work, we can support you, whether you're looking for your first job, going back after time away, or thinking about a change.

You'll work one-to-one with a friendly Employment Specialist who will get to know you, your strengths and the kind of job you'd like. They can help you look for jobs, fill in applications, prepare for interviews and speak to employers. They can also give advice about benefits and what happens when you start earning.

Once you get a job, we don't just step away. We stay in touch and offer support for as long as you need it, helping both you and your employer feel confident.

If you're receiving support for your mental health and would like to work, IPS could be for you.

Find out more at mnessexmind.org/ips



Get support...



“My counsellor was very patient and a good listener. She helped me find different ways to think about things.”



Private Counselling

If you're looking for more choice and flexibility, private counselling might be right for you. Sessions are one-to-one with our BACP-accredited service. Saturday morning appointments (9am–12pm) are now available too.

Counselling gives you a safe space to talk, reflect, and find ways to manage how you're feeling. It can help with anxiety, low mood, relationships, or anything that's making life harder right now.

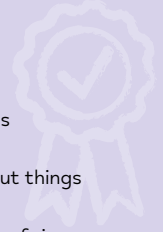
Support is available short or long term, depending on your needs. Our Counselling Service is for anyone aged 18 and over.

How do I know if counselling will help me?

Counselling is there to help you deal with issues that are causing emotional pain or making you feel uncomfortable. It can provide a safe and regular space for you to talk and explore difficult feelings. The counsellor is there to support you and respect your views.

Our counselling service can help you:

- cope with a bereavement or relationship breakdown
- cope with redundancy or work-related stress
- explore issues such as sexual identity
- deal with issues preventing you achieving your ambitions
- deal with feelings of depression or sadness
- deal with feelings of anxiety, helping you worry less about things
- understand yourself and your problems better
- develop a better understanding of other people's points of view
- feel more confident



For more information visit our private counselling page on our website or email enquiries@mnessexmind.org

bacp | Accredited Service





The Essentials is a half day training course taking you through the Mental Health Continuum – the spectrum of mental health that we are all on – and introduces the Emotional Needs and Resources approach.

After the session

97% I see myself using the content of today's session in my **personal life**: **97%** agree or strongly agree*

97% I see myself using the content of today's session to benefit myself and my colleagues in my **workplace** (if applicable): **97%** agree or strongly agree*

The Mental Health Toolkit training uses an 'organising idea' to help you stay well. This idea is that we all have physical and emotional needs and a set of skills and resources that we're born with to meet those needs. We call this the Emotional Needs & Resources approach.

*Based on surveys gathered between May 2025 and February 2026

We have 12 physical and emotional needs and 9 resources. **These are:**

Physical and Emotional Needs

- Sleep
- Food & Drink
- Control
- Status
- Privacy
- Achievement
- Movement
- Security
- Attention
- Community
- Emotional Connection
- Meaning & Purpose

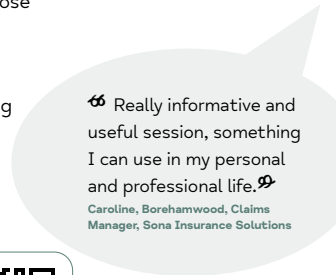
Resources

- Pattern Matching
- Black & White Thinking
- Dreaming
- Memory
- Observing Self
- Emotions
- Rational Thinking
- Rapport
- Imagination



“ Fantastic! Didn't realise how much I needed this. Trainer was able to help me through and articulate an answer that made complete sense to me.”

Laura Crimmins, Braintree District Council, Payroll Manager



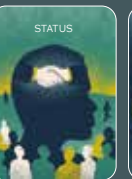
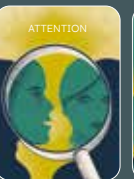
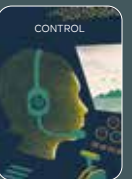
“ Really informative and useful session, something I can use in my personal and professional life.”

Caroline, Borehamwood, Claims Manager, Sona Insurance Solutions

Visit mnessexmind.org/training or call us on **01206 764600** to find out more.



Physical and emotional needs...



In addition to **The Essentials** we can offer these modules:

The Mental Health Toolkit: Sleep Well, Work Well

Online 1.5 hour sleep workshop

- **Sleep Well, Work Well** is an interactive online workshop that helps to raise awareness of the importance of sleeping well and the effect this can have on our daily life. It is based on up-to-date sleep research, and is facilitated by one of our qualified Emotional Needs & Resources trainers.
- Sleep is as important to our health as eating, drinking and breathing. Insomnia and poor quality sleep are linked to physical ill-health as well as mental health challenges such as anxiety and depression.

Sleep Well – Work Well will help you:

- Remove the barriers to getting a good night's sleep
- Address insomnia
- Learn vital skills to improve sleep
- Improve mental wellbeing
- Instil healthier sleeping habits



“Absolutely brilliant! So engaging and a million times more informative than other courses I've done.”

J. Minton, Colchester, Line Manager, Yarra Services

“An absolutely amazing session. Very informative and delivered in a very user friendly manner. Facilitator so knowledgeable.”

Dianne McCann, Harwich, Family Support Worker, Home Start Harwich

The Mental Health Toolkit: Keeping Calm

Online one hour stress reduction workshop

Understand your mind and body and how breathing can help you to manage your emotions and reduce stress with our **Keeping Calm** workshop. This one hour interactive group session is facilitated by a qualified trainer.

Our Keeping Calm workshop will help you:

- Learn a powerful and practical breathing exercise
- Increase awareness of how the mind-body system works
- Lower stress

Resources...



All illustrations are courtesy of Suffolk Mind[®] and The Mental Health Toolkit

Wellbeing Support Services for Organisations

Mental health-related absence costs UK businesses an estimated **£51 billion each year***, with the largest contributor, presenteeism, accounting for **£24 billion annually.*** Research also shows that around **18 million working days**** are lost each year due to poor mental health. Encouragingly, for every **£1** invested in early intervention, prevention, and employee mental health education, employers can expect an average return of **£4.70.***

Despite this, many employees and managers still lack the confidence to have effective conversations about mental health, understand where to access support, or know how to manage their own wellbeing.

Mid and North East Essex Mind is proud to be part of the wider Mind federation, a leading mental health charity. As your local specialist provider, we deliver wellbeing and mental health support across Mid and North East Essex.

We work with local businesses and organisations to **provide practical training and resources** that equip managers and employees with the skills and confidence to support their mental health. Our approach is flexible, responsive, and tailored to your organisation's needs, so we can provide **the right support when you need it most.**

*Source: Deloitte Mental Health and Employers Report 2024

**Source: CIPD Health and Wellbeing Report 2025

Why should your organisation work with us?

- We are your leading local mental health charity and understand the challenges you face
- We are affiliated to the national Mind charity, we have access to the best possible resources and knowledge when it comes to mental health
- We are flexible and can tailor our support package to meet your business needs
- We are a financially independent local charity and by commissioning us to deliver Wellbeing Support Services you are contributing to our work in your local community

Resilience Workshops

This workshop is designed for anyone who is working on the front line with members of the public or working in a highly pressurised environment.

We know this work can be challenging and your own team's mental wellbeing is at risk in their day-to-day work.

It is common to see teams feeling overwhelmed and having to approach their managers with casework and asking for support.

This workshop can be tailored to your needs and includes:

- Understanding peer support
- Exploring models and formats of peer support
- Building facilitation skills
- Steps to implement your own peer support programme



Suicide Awareness Training

- **3 hours, Online or In Person**

Would your team recognise the signs that someone may be in crisis, and feel confident responding if a conversation turned to suicidal thoughts?

As an employer do you want to know how you and your colleagues can spot the signs that a colleague maybe having suicidal thoughts and how to support them?

This course is designed to help you to have potentially life saving conversations and provide practical tools to help stay calm, respond with confidence, and know what to say (and what not to say) when someone may be at risk. It looks at warning signs, and how to hold a supportive and boundaried conversation, whilst connecting the person to the right kind of help - without taking on the role of a therapist or clinician.

Other workplace wellbeing support includes:

- Introduction to the Mental Health Toolkit (45-minute workshops)
- Group and individual debrief sessions
- Employee wellbeing strategy advice
- Keynote speakers for conferences and organisational events, covering topics such as stress, wellbeing, workplace culture and mental health habits

Employee Counselling

We offer a BACP Accredited Counselling Service for your employees either in person or online.

Our counselling service can help your employees with:

- Bereavement or relationship breakdown
- Redundancy or work-related stress
- Exploring issues such as sexual identity
- Overcoming challenges that may be preventing them from achieving their goals
- Feelings of depression or low mood
- Anxiety and managing excessive worry
- Building confidence



Our **simple and confidential** referral process allows your employees to contact us directly to request private counselling, while our convenient invoicing service operates directly with your business. This enables your employees to receive the support they need as quickly as possible

For more information on our Wellbeing Support Services or to discuss your business needs, please visit mnessexmind.org/wellbeingsupport or contact training@mnessexmind.org or call **01206 764600**



Let's Talk

...about self-harm

Let's Talk about self-harm management

Our revised and updated **Let's Talk about Self-harm Management Toolkit** provides guidance and support for individuals working with school-age children and young people under 18 in educational settings.

You can view the Toolkit online and download resources for schools or you can contact us to request a printed copy of our Toolkit.

The Toolkit includes:

- How to identify self-harm
- How to identify who is self-harming and who is at risk
- How to identify the signs of self-harm
- Responding to an incident/suspected incident of self-harm
- Pathway of recommended actions
- Assessing risk
- Confidentiality
- Talking to children or young people who are self-harming including conversation prompts

- Do's and don'ts for talking to young people about self-harm
- Practical distraction and coping strategies for children and young people that are self-harming such as mindfulness, or ways of releasing anger or aggression
- Where to get help from self-harm including signposting to services who can support with self-harm, useful apps and websites
- The importance of self-care for staff who are supporting young people who self-harm and resources that they may be able to use
- Useful templates and leaflets to share with young people and parents around self-harm

We also offer **fully funded** training workshops across Essex to give you the knowledge and skills needed to effectively use the updated toolkit.

To access the Toolkit please visit:

mnessexmind.org/training/letstalkaboutselfharm/

For more information please email:

shtkenquiries@mnessexmind.org

With thanks to Essex County Council, Mind in West Essex and NELFT MHST Service for their support in the development of this toolkit





Get Involved!

We are here to support local businesses, organisations, community groups and individuals to better support their mental health and wellbeing.

As a local Mind charity, we have to raise our own money in order to run services and provide support for our communities across Mid and North East Essex.

We rely on donations and fundraising events to support our work and we could not do what we do without you.



Fundraise for us

From a monthly donation or a gift in your will to running a marathon, there are so many ways you can make a difference.

Our fundraising team are here to support you with your fundraising activities, and we can facilitate a wide range of challenges for you. For more details and to discuss your ideas please email fundraising@mnessexmind.org.

Work for Us

Join our team and help make a difference.

We offer a range of benefits including 28 days holiday (pro-rata for part time).

For our latest vacancies please visit mnessexmind.org/get-involved/





Volunteer for us

Volunteering at Mid and North East Essex Mind can be a rewarding and worthwhile experience. It offers numerous benefits, such as learning new skills, rediscovering and sharing existing skills, building confidence, meeting new people, and an opportunity to support our community.

We have a wide range of volunteering opportunities to choose from including supporting our colleagues in our services including our North East Essex Sanctuary hubs in Colchester and Clacton, our Welcome Cafés in Colchester, Clacton, Chelmsford, Maldon and Southminster. If you would prefer roles based in our main office in Colchester undertaking administrative tasks or like the idea being part of our fundraising and engagement events, we can find a volunteer role that matches your skills and preferences to ensure you enjoy your time with us.

If you are interested in volunteering for us please visit mnessexmind.org/volunteer

Co-production

At the heart of our work is co-production – listening to and working with people who have lived experience of mental health challenges. Our Lived Experience Panel helps guide what we do and how we do it, making sure real voices shape our services. You can learn more about this work, and any future opportunities to get involved, on our website.

Donate to us

Now more than ever, stable income is vital for us to plan ahead and continue all of our life-changing services within Mid and North East Essex.

Leave a Gift in your Will

Leave a Lasting Impact. By remembering Mid and North Essex Mind in your will, you can help transform mental health support for future generations. Even a small gift can make a big difference, allowing us to continue providing vital services to people across Essex.

It's easier than ever to make a will online or through your solicitor. Every gift, large or small, ensures that your wishes are carried out and your support lives on. Find out more at mnessexmind.org/get-involved/leave-a-legacy/

Stay in touch

Subscribe to our newsletter for our latest news, service updates, training opportunities and free resources. We value your privacy, and you can unsubscribe at any time.

Scan the QR right to sign up!



Mind in Essex...



Working together with Essex local Minds

In 2026 and beyond, we'll be working even more closely with other local Minds across Essex to strengthen mental health support for everyone in the county.

We've been building closer connections with Mind in West Essex, Basildon Mind, South East and Central Essex Mind, and Thurrock and Brentwood Mind to provide a joined-up approach to care. Wherever you are in Essex, a local Mind is ready to support you.

This partnership makes it easier for people to access services and support. Find out more about the Mind in Essex partnership and what's available at mindinessex.org.uk



Virtual Reality Mindfulness

Through our Mind in Essex partnership, Mid and North East Essex Mind offers **Tend's Virtual Reality Mindfulness Programme** at our local Mind spaces. Using virtual reality technology, the programme places you in calming environments while gently guiding you through simple mindfulness techniques that can help with stress, anxiety and everyday pressures. Sessions take place in a safe and supportive Mind setting, where you can take part at your own pace and take some time to pause, breathe and focus on your wellbeing. If you are curious about how it works, you can begin with a free introductory session to experience the VR environment and see if it feels right for you.

For more information, or to book a session, please visit mnessexmind.org/tend-vr




Local Minds working in partnership



Active Essex Move for your Mind

Move for Your Mind supports our local community to move more in ways that help look after mental wellbeing. Working alongside neighbouring local Minds in Essex and Active Essex, we're creating opportunities for people to explore gentle, everyday movement that feels right for them.

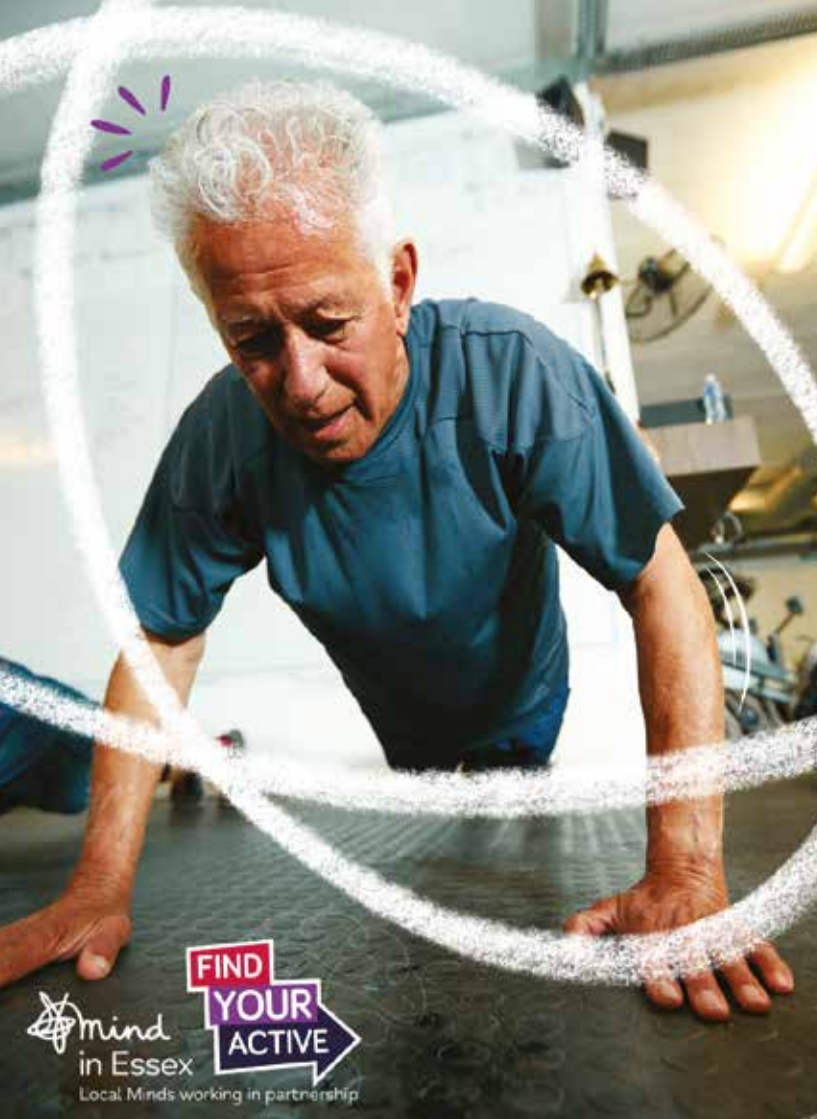
You don't need to be sporty or push yourself. Even small amounts of movement can help lift your mood, reduce stress and support better sleep. From short walks to community activities, every body and every mind is different — and all movement counts.

Our Walking for Wellbeing groups offer a chance to get outside, enjoy gentle movement and connect with others, supporting both body and mind.

Find out more and get involved:
mnessexmind.org/move-for-your-mind



“It's made a difference just being outside, getting some fresh air and keeping moving”





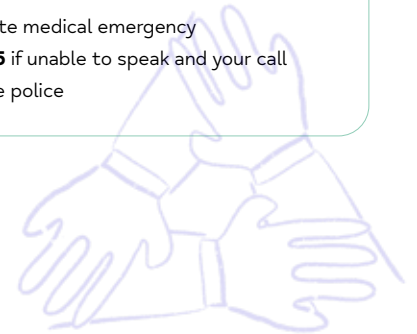
Signposting guide

In addition to the services we provide, you can also:

- **Call your GP**
- **Call the North East Essex Sanctuary**
0300 330 9492 (Colchester/Tendring residents)
- **Call Samaritans 116 123**
- **Text Shout 85258**
- **Call NHS 111 and follow the prompts**

In the event of an immediate medical emergency

- **Call 999** Press option **55** if unable to speak and your call should be directed to the police







Mid and North East Essex

W: [mnessexmind.org](https://www.mnessexmind.org)

T: 01206 764600

E: enquiries@mnessexmind.org

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Colchester, Essex CO2 8QZ

Charity number 1064309

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Please recycle

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