



If you have any questions about Access Community Mental Health, please get in touch - we'd be delighted to hear from you!

 Access Community Mental Health, Wiltshire

 08082 803528

 AccessWiltshire@rethink.org

Access Community Mental Health

A new, strengths-based recovery and peer support service to enable people to access the right support at the right time.

Access Community Mental Health

We're here to walk alongside people who need support, every step of the way, making sure they are ok, and then thinking about their next steps.

We work collaboratively with each person to create their bespoke personalised plan.

Our Wellbeing line is available seven days a week from 9 am to 11 pm, Monday to Sunday on: 08082 803528 (freephone).



For further information on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

rethink.org

Registered in England Number 1227970. Registered Charity Number 271028.
Registered Office 28 Albert Embankment, London, SE1 7GR.
Rethink Mental Illness is the operating name of National Schizophrenia Fellowship, a company limited by guarantee.



About Us

Our Access Community Mental Health team walks alongside you every step of the way, making sure you're able to access support for your wellbeing.

About us

The Access Community Mental Health's experienced team will walk alongside people on their journey of recovery.

This includes:

- regular check-ins to support people to achieve their goals
- tailored plans with each individual, focusing on their strengths and interests
- enable people to be more connected in their community
- a trained and friendly staff team
- seven day a week telephone helpline

The Access Community Mental Health team will also help plan for next steps.

Who can use our service?

Anyone aged sixteen or over who lives in Wiltshire (or has a Wiltshire GP) who is looking for support with their mental health to achieve personal goals.

Our Access Community Mental Health team walks alongside you every step of the way, making sure you're able to access support for your wellbeing.

We apply the principle of 'no-wrong door' - we are a single point of access for people with their mental health and if we are the wrong service - we'll make sure we make links with the right team.

What can we do

The service is based around the strengths and aspirations of the people who use our service. We walk alongside people in their journey of recovery.

"I'm usually the person, helping everyone else, so it has been hard for me to ask for help. I'm not sure what the next, hour, days or months will hold but I do know, there is someone or somewhere, I can go to get help."



If you, or someone you know would benefit from our service give us a call or email using the details overleaf - we'd love to hear from you!