



**innovatingminds**  
BELIEVING IN MENTAL HEALTH

## WHO ARE WE?

We offer psychological support for adults who are experiencing mental health, emotional or wellbeing difficulties such as (but not limited to), anxiety, stress, depression, low-self esteem, difficulties in relationships, with emotions, sleeping or organising your time.

## ABOUT YOU

- Do you want to get into work, education or training?
- Are you over 16 years old?
- Are you a carer or the only adult living at home?
- Are you living in Tamworth or East Staffordshire?

## WHAT CAN YOU EXPECT?

You will be offered an **initial assessment appointment** on the phone, or at a venue that's local to you. You will be asked about your right to work, current employment status and what difficulties you are currently experiencing.

If you decide our service is not right for you, we will try to find the right help for you at this time.

**What you tell us will remain confidential.** However, if we are concerned about the safety of you, or someone else then information may be shared with necessary services.

## HOW WE CAN HELP?

Our team of qualified and experienced professionals offer flexible support that is tailored to you.

We offer evidence-based support and talking therapies with the aim of overcoming current difficulties and enabling you to access further education, training opportunities or employment.

This can be offered via:

- 10, one-to-one, 1 hour therapy sessions
- Small group therapy
- Peer support groups



**NATIONAL  
LOTTERY FUNDED**



**European Union**  
European  
Social Fund



We are  
here until  
December  
2019

## HOW DO I GET INVOLVED?

If you think you would benefit from support or therapy or would just like to know a bit more about what we offer, please do not hesitate to contact us.

## I AM A PROFESSIONAL - HOW DO I REFER?

To discuss or refer, please contact us using the details below.

## CONTACT US

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**Dr Zoe Cross**  
Clinical Psychologist



**Aleisha Talbot**  
Assistant Psychologist

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🌐 [www.innovatingmindscic.com](http://www.innovatingmindscic.com)

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## NEED HELP URGENTLY?

If you are in Crisis or are unsure if you can keep yourself safe, please call 111/999 or take yourself to A&E.

If you need to talk to someone urgently, please contact the Staffordshire Adult Mental Health Team on: 0300 555 5001.

