

Our Services

Peer Led Activities

Peer led activities offer a safe and supportive place where you can access additional support if you feel you need it.

Peer led groups provide you with opportunities to try different activities and complementary therapies with a focus on wellbeing, relaxation and improving social connectedness.

Threshold Women's Services

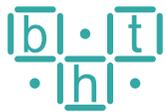
Threshold offers dedicated women only counselling and pop-up drop-in support at our premises on Mondays and Tuesdays.

Email threshold@bht.org.uk or see their leaflet for more information.

Contact Us

Contact us by phone or email, using the details on the front of this leaflet, or call in during office hours.

Please contact us if you would like any **further information**, or a **referral form**.

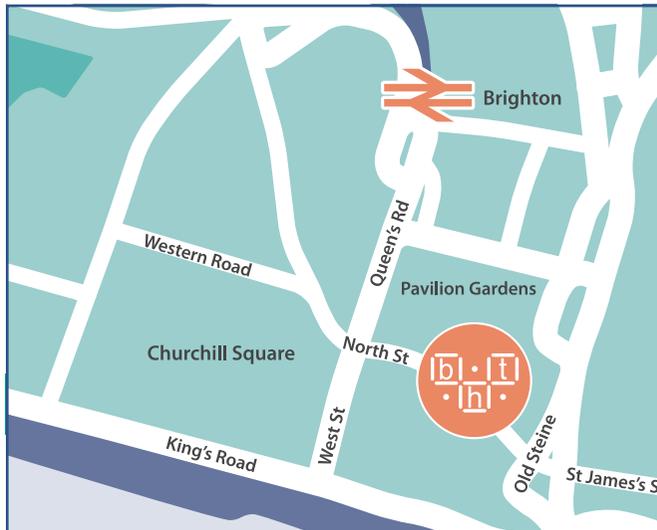


Directions

We are located in **North Street** opposite **Bond Street**. Press the buzzer marked **BHT Mental Health and Wellbeing Services** and you will be let in. We are on the second floor.

Public Transport

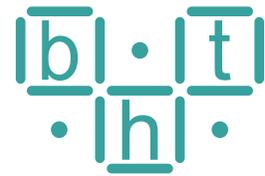
We are within walking distance of Brighton's mainline station and the Brighton & Hove buses that stop at Churchill Square.



Equal Opportunities

Awareness of Equal Opportunities is an integral part of our service.

Everyone is welcome into our service regardless of their background.



Combating Homelessness
Creating Opportunities
Promoting Change

Mental Health & Wellbeing Services



Second Floor
27 - 29 North Street
Brighton, BN1 1EB



wellbeing@bht.org.uk



www.bht.org.uk/services/mental-health-and-wellbeing



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Creating Opportunities
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Mental Health & Wellbeing Services



01273 929471

Our Services

BHT's Mental Health and Wellbeing Service aims to assist people to improve and maintain their mental health and wellbeing.

If you are living in Brighton & Hove and are experiencing emotional difficulties or mental ill health, we offer a variety of activities that enable you to learn ways to cope with the challenges and changes you may be faced with.

One to One Sessions with Counsellors

Led by qualified counsellors, our one to one service provides you with a safe and confidential space.

You can talk about what is happening in your life, explore your thoughts and feelings, build resilience and move towards solutions for the challenges you face.

Practical Support and Signposting

For people who would benefit from short term practical support and linking in with other services.

Services and caseworker appointments are offered at various locations throughout the city.

Wellbeing Groups and Workshops

Wellbeing groups and workshops provide an opportunity for people to increase their understanding of a specific topic and provide practical tools to take away.

We facilitate themed groups and workshops that focus on offering awareness and an opportunity for support with a particular area of difficulty that you may be experiencing:

Managing stress

Understanding anger

Understanding anxiety

Mindfulness

Post-natal depression

Practical Life Skills Workshops

Develop and raise self-confidence and awareness of your own potential through group learning.

At request our life skills groups can be delivered in services at outreach locations across the city.

The programme includes:

Healthy eating on a healthy budget

Boost your strengths

First steps to work and learning

Make your money work for you

What's local?

Sleep easy

Peer Support Volunteer Training

If you have used BHT services and feel ready to support others, peer support training will provide you with the professional skills to lead special interest groups and activities.

Current Peer Support Workers say this is **a way to make the best of our shared experience.**

We believe that the ideas and opinions of people using our services are valuable. We offer a broad range of opportunities including a monthly forum for you to provide us with feedback and suggestions on the services we provide.



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