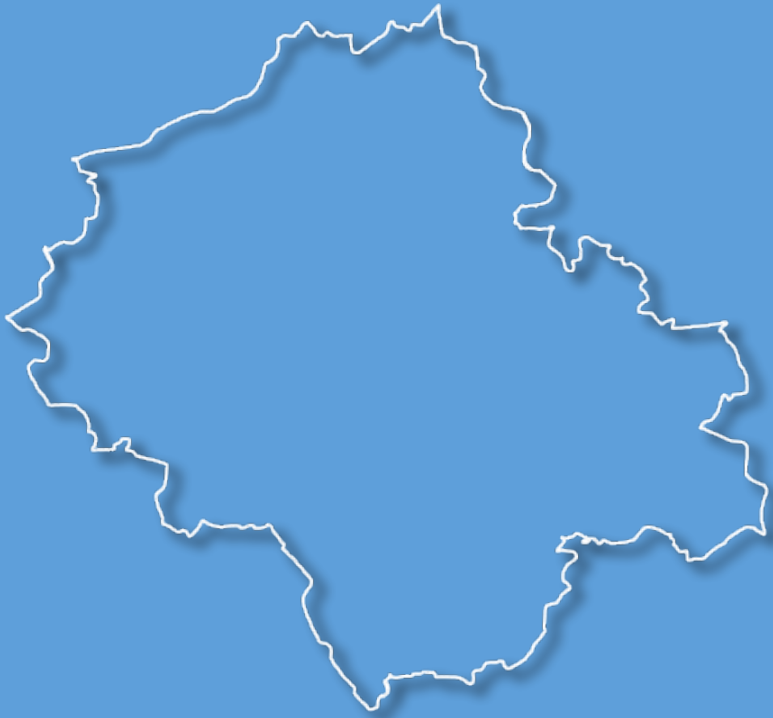




# A Guide to Mental Health Services for Women in Sheffield





# Contents

2 - What is Peer Support?

3 - About us: Who are we?

4 - Help available: Types of Intervention

4 - Lifestyle Measures

6 - Professional Support and Talking Therapies

8 - Medications

10 - Map of local Mental Health Services

12 - Index - What services are available?

## What is Peer Support?

The peer charter was brought about in 2017, created by speakers, participants and facilitators who have used a range of mental health services across the statutory and voluntary sector. Common themes were labelled and principles were brought about with regards to peer support. Features of peer support include trust, diversity, equality of power, community and solidarity, mutual benefit, self-determination and more. Ultimately, it was agreed that Peer support should be inclusive and representative of the community, with a focus on interaction rather than intervention.



# Who are we?

We are a **small non-profit charitable organisation** that provides a **holistic perspective** in dealing with depression and mental health distress. We comprise of **trained and student voluntary counselling professionals** & carefully selected volunteers & peers with **personal experience** of mental health distress and provide peer-led sessions in a **private and safe environment**, with a **friendly, empathetic** approach.

We also facilitate **one-to-one counselling** with qualified counselling professionals and students, as well as **peer-support groups** for individuals who **identify as women** who have/had depression or related mental health distress.

**We encourage, empathise, self-empower and build confidence!**

We have links to other **local and regional mental health organisations** (that will be mentioned in this booklet) to deliver the most appropriate and **best service possible**, and our service is **free and confidential**. Our facilities are on major public transport routes and are appropriate for those with physical disabilities.

This booklet is designed to **increase awareness of mental health services** local to Sheffield and their benefits.



# Types of Intervention

There are **three broad categories** of intervention available for mental health problems: **lifestyle** (such as exercise), **professional mental health support** (such as counselling, cognitive behavioural therapy), and **medications** (such as antidepressants, mood stabilisers) We aim to guide you through the options available so you can find the best option for you personally.

## Lifestyle Measures

- **Exercise** can help improve mental health and wellbeing in multiple ways: it can actually **increase your energy levels** and make you **feel more alert** by releasing **endorphins** (happy hormones!), so if you are struggling for motivation, even a little dance in the kitchen or a short 10 minute walk in some fresh air could really boost your mood for the day. Exercise can also help you to get **better sleep**, which is really important for your body to **repair and regenerate**.



- **Diet** can also have a huge impact on our mental health - good nutrition can **improve our moods**, especially **fruits and vegetables** which are rich in **B vitamins**, which can improve energy levels, metabolism and may even help to alleviate symptoms of mental health disorders, including depression and alcohol dependence.



# Types of Intervention

- **Stress management** - finding a way that works to manage your stress is really important to maintain a healthy mind. This could be through exercise, i.e. **yoga**, which is not only a **good stress reduction tool** but also gives the added benefits of exercise (as on the previous page). **Meditation** has also helped many people to manage their stress. **Keeping a mental health journal**, which can serve as an outlet for your thoughts, and can help you to **identify any triggers** or patterns of activities that improve your mental health.



- **Sleep** is more important than you might think when it comes to your general health and mental wellbeing - it is the time where **our bodies repair and regenerate**, and helps us to **recover from mental exertion** as well as physical exertion. Diet can affect the quality of your sleep, for example having **caffeine or sugary foods too close to bedtime can make it harder to get to sleep** (caffeine actually has a half-life of 6 hours, meaning that 6 hours after your coffee, half of the caffeine will still be active). Whilst **alcohol** can make it feel easier to get to sleep, it actually **reduces the quality of sleep**, so cutting down can help improve your night's sleep.





# Types of Intervention

## Professional Mental Health Support



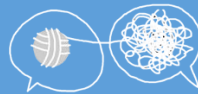
There are numerous different types of therapy available via NHS referral, or provided by several charitable organisations (as listed later on in this booklet). These consist of numerous different types of talking therapies and counselling, including (but not limited to):

- **Cognitive Behavioural Therapy (CBT)** works on the basis that **thoughts, feelings, actions and sensations are connected**, allowing you to **break down your problems** into separate parts to try to **understand and overcome them**. CBT considers that negative thoughts and feelings can trap you in a vicious cycle, and helps you to escape this. It generally requires **5-20 sessions, each 30-60 minutes long, with a therapist**. It can be really helpful where medication has not helped, and can be done over a relatively short time frame in comparison to other types of therapy/counselling.
- **Mindfulness-based cognitive therapy (MBCT)** is a combination of **mindfulness exercises and meditation**, and works on a similar principle to CBT. It is available on the NHS and is an **eight-week group course** for those suffering with **recurring depression**. It teaches patients to understand their thoughts, and encourages **healthy habits** to reduce the likelihood of recurrence, with added benefits of **stress reduction** and **improved mood**.



# Types of Intervention

- **Interpersonal Psychotherapy (IPT)** - this is a focused and evidence-based approach to the **treatment of mood disorders** by addressing **interpersonal deficits and unmanaged grief**, and can help with the **transition through distress** related to **retirement, divorce, conflict of interests** etc. It is an attachment-based psychotherapy focused on **problem resolution** and **symptomatic recovery**, that tends to last around 12-16 weeks.



- **Counselling** - involves a series of appointments with a licensed mental health professional, which aims to **help individuals cope with or avoid factors contributing to his or her condition**, eventually leading to **personal development** and **self understanding**. Although it may take longer for noticeable benefits to become apparent, counselling (and other talking therapies) **do not come with the potential of negative physiological side effects**, like medications do, and also helps to **combat loneliness** due to the more **personal nature** of it.

Talking therapies, as well as creative therapies, give you a **safe space** with **no judgement**, can help you to make sense of your problems and **understand yourself** more. Being able to **express your feelings** can make such a big difference to your mental health and wellbeing!



# Types of Intervention

## Medication



If talking therapies aren't your cup of tea, or you've tried them and they haven't helped, speaking to your GP about medications may be helpful for you. There are medications available to help treat **depression, anxiety, psychosis, mood-disorders** and **sleep disturbance**.

- **Antidepressants** can be used to treat **multiple conditions**, not just depression; they may relieve symptoms of **obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), generalised anxiety disorder (GAD)** and even **chronic pain** as well as **depression**. There are different classes of antidepressants, so **if the first one doesn't work, don't be disheartened** - your GP should work with you to find the right one. Ones you may have heard of include Selective Serotonin Reuptake Inhibitors (SSRIs - these increase levels of serotonin, a mood-stabilising 'happy hormone') such as **fluoxetine** (Prozac) or **citalopram** (Cipramil), and Tricyclic Antidepressants (TCAs) such as **amitriptyline** (Tryptizol), which can also be used for chronic nerve pain in conditions such as diabetes, and migraines
- **Antipsychotics** are available to help relieve symptoms of **psychosis, schizophrenia, bipolar disorder, severe depression, and personality disorders**. Examples include **risperidone** (Risperidal), **clozapine** (Clozaril) and **aripiprazole** (Abilify).





# Types of Intervention

- **Sleeping pills and minor tranquillisers** may be an option for those who suffer with **severe sleep problems** such as **insomnia**, or **anxiety** that affects your sleep. **Benzodiazepines** can help with both sleeping problems *and* anxiety, though there are medications that can help with one or the other. They work by **slowing down the brain and body functions**, such as lowering your **heart rate** or slowing your **breathing**, which can help calm the mind when suffering with anxiety and sleeping disorders.



- **Lithium and other mood stabilisers** (such as anticonvulsants or antipsychotics) are sometimes used to help relieve symptoms of **bipolar disorder**, **mania** and **recurrent severe depression**. **Lithium carbonate** and **lithium citrate** are commonly used mood stabilising medications, that can help to balance mania and depression (though it can make you very thirsty!) Some **anticonvulsants** (such as **carbamazepine** or **sodium valproate**) have also been shown to help stabilise mood (but you shouldn't take valproate if you are pregnant / trying to conceive as this can be harmful for the baby). Some **antipsychotics** such as **haloperidol** or **risperidone** (as mentioned previously) can be used to help relieve symptoms of bipolar disorder, too.

We understand that many people aren't keen on the idea of taking medications, but please **do not be scared** to ask your GP!



## Organisations

- A:** Sheffield Mind (& Anger Management) - The Wellbeing Centre (S11 8AL)
- B:** BAATN (S3 9AQ)
- C:** Ben's Centre (S1 2DH)
- D:** Big Ambitions (S3 8NS)

## Organisations

**Please note:** Not all of the services listed in the booklet provide direct mental health services (such as counselling, CBT etc.) but they all provide services that can improve mental health in a way (such as support with securing housing or hot meals). The services provided by each organisation can be found later in the booklet.

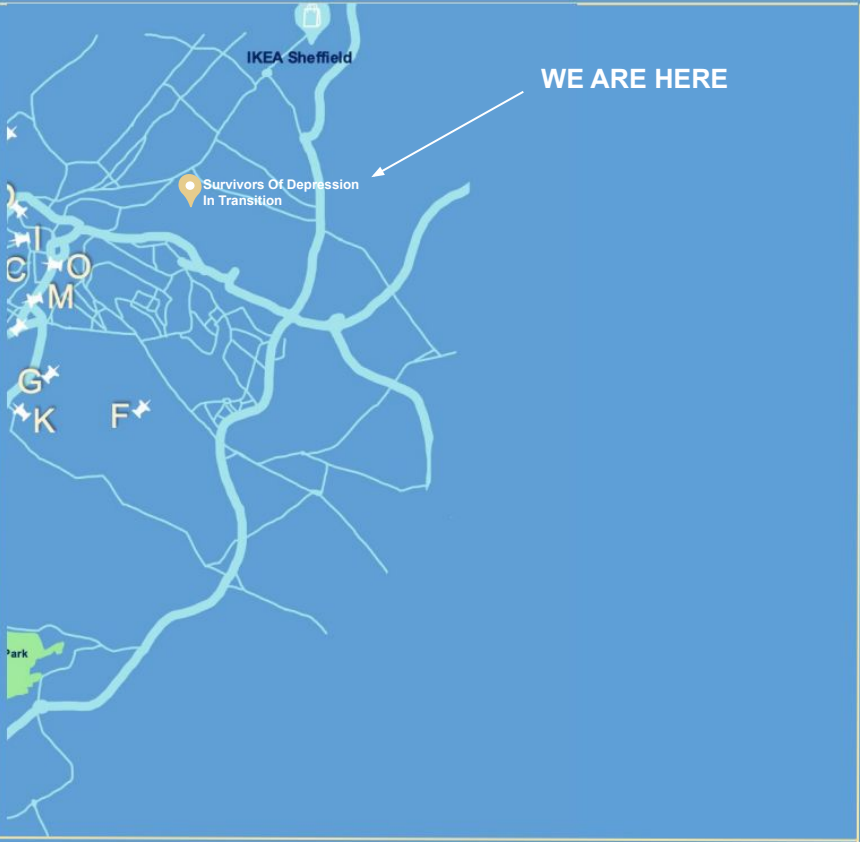


Please note that some organisations are based outside of Sheffield, so do not feature on this map, but their services are still accessible either in Sheffield or online! See overleaf:



- E:** Fourth Trimester - Sling Surgery (S1 4SE)
- F:** Foyer (S2 2JQ)
- G:** Light Sheffield (S2 3QE)
- H:** Maan Somali Mental Health Sheffield (S1 2DF)
- I:** No Panic Sheffield (S1 2EW)

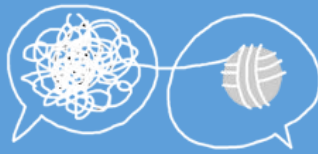
- J:** Snowdrop Project (S1 4QR)
- K:** St. Wilfrid's Centre (S2 4DT)
- L:** Terminus Initiative (S8 7JB)
- M:** Together Women (S1 4RF)
- N:** Women's Aid - Confidential
- O:** Young Women's Housing Project (S1 1YD)





# What services are available?

We have been in contact with a number of **organisations that provide services that may be helpful** for you in one way or another - **many of these organisations provide multiple services**, whether that be **counselling, mental health peer support groups or homelessness agencies** - although they are split into vague categories, they cover **multiple areas!** :)



## Depression, Anxiety, Self-Harm and Other

- Anger Management (Sheffield Mind)
  - Sheffield Mind provides a women's only Anger Management course (currently run online due to Coronavirus restrictions) which is a course that is free to attend over a number of weeks. It combines peer-support, CBT-style learning and psychosocial education, allowing you to learn about anger and understand personal triggers. Some low-level 1:1 psychological support may be available between sessions subject to availability and request. You can request a referral form via the Anger Management section of the Sheffield Mind website, or email [AM@sheffieldmind.co.uk](mailto:AM@sheffieldmind.co.uk) for more information.



# What services are available?

## Depression, Anxiety, Self-Harm and Other (Continued)

- Anxiety UK
  - Anxiety UK is a national charity established in 1970 that provides support for those affected by anxiety, stress and anxiety-based depression. They have a strong support delivery arm offering support via helpline, text, therapy and online support. They are a user-led organisation and rely on the generosity of supporters and members to continue their work, and have a national accredited therapy service, with therapists all over the country working in partnership with them to deliver therapy to members. You can email them at [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk), call their helpline at 03444 775 774 , or visit their website at [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- Sheffield Mind
  - Sheffield Mind are a registered charity - one of over 130 local mind associations. They aim to provide both support and respect to anyone and everyone experiencing mental health problems, and aim to de-stigmatise mental health conditions to avoid discrimination. They aim to intervene early to improve wellbeing, and work locally with partner organisations to help increase awareness and accessibility. They provide various mental health services such as counselling/therapy. For more information, contact [info@sheffieldmind.co.uk](mailto:info@sheffieldmind.co.uk) or visit [www.sheffieldmind.co.uk](http://www.sheffieldmind.co.uk)



# What services are available?

## Depression, Anxiety, Self-Harm and Other (Continued)

- No Panic Sheffield
  - No Panic Sheffield offers self-help groups based on the principles of CBT. They specialise in anxiety, depression and low-mood - and you don't need to worry about a long waiting list! They are run by experienced volunteers who have undergone training to support various mental health disorders including PTSD, social anxiety and sleeping disorders. They believe that speaking out about your problem and sharing experiences can allow you to gain tips from people who have seen benefits from accessing their service. For more information, please contact [nopanicsheffield@gmail.com](mailto:nopanicsheffield@gmail.com)
- Self Injury Support
  - Self-Injury Support are a national charity that support women and girls who are impacted or affected by self injury and self harm. Their main focus is improving support and knowledge around self injury, and they offer safe spaces with a listening ear and no judgement. They offer support via phone/text/email as well as web chats! For more information, contact [info@selfinjurysupport.org.uk](mailto:info@selfinjurysupport.org.uk), or visit their website at [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)



# What services are available?

## Black, Asian, Minority Ethnic and Refugee (BAMER) Services

- BAATN (Black, African and Asian Therapy Network)
  - BAATN provides **mental health professionals** who identify as Black, Asian, South Asian, Caribbean and People of Colour heritages, and provide an online directory for these therapists who are experienced and qualified. Their therapist listing represents a range of different theoretical orientations and specialisms and are experienced in working with the distinctive African Caribbean and Asian experience, as well as people of colour generally. Therapists work in their own individual practice and members of the public can make direct contact with a therapist of their choosing. To find out more, visit [www.baatn.org.uk/find-a-psych-therapist/#!/directory/ord=rnd](http://www.baatn.org.uk/find-a-psych-therapist/#!/directory/ord=rnd)
- Maan Somali Mental Health Sheffield
  - Maan Somali Mental Health Sheffield is a local charity with over 25 years of experience in the field of community mental health. Maan works with the Somali community, as individuals, carers/families and groups to address mental health & associated needs in Sheffield. They provide help, advocacy and support for assistance with everyday life, including employment support, work experience, volunteering opportunities and more. Maan use preventative approaches, which include providing support through one to one, peer and group work to raise awareness of how to spot the signs of mental ill-health, including potential triggers. (Continued)



# What services are available?

## Black, Asian, Minority Ethnic and Refugee (BAMER) Services

- Maan Somali Mental Health Sheffield (Continued)
  - This work includes raising awareness of wider factors associated with mental health. Up to date, consistent and accessible information and advice is provided via workshops, seminars, participatory action research and physical well-being activities. They run female-only (and male-only) support groups for Somali Women Carers and Friends. Available for members of the Somali community aged 16-65. For more information, email [admin.maan@tiscali.co.uk](mailto:admin.maan@tiscali.co.uk) or call
  - 0114 275 8556
- Terminus Initiative
  - Terminus is a charity that provides various forms of support in the community, focusing on health and wellbeing. This normally takes the form of support groups such as arts and crafts, or cooking on a budget, however during the Covid-19 pandemic support is available via telephone. Terminus run a women's conversation club once weekly for BAMER women with English as their second (or additional) language -this is a social group where women can practice their English and can also get 1:1 tuition. It is run by volunteers and their activities include games, cooking, guest speakers, arts & crafts and celebrations for events such as Eid and Christmas parties - overall providing a great support network.
  - Contact [joy@terminusinitiative.org](mailto:joy@terminusinitiative.org) for more information.





# What services are available?

## Alcohol and Addiction Support

- Ben's Centre
  - Ben's Centre is a day centre and street outreach service that supports adults with drug and alcohol dependencies. They offer a sanctuary away from the streets where people can access hot food and drinks, clothing and hygiene products, as well as regular engagement activities, day trips and internet access. They provide regular key working around addiction issues, signposting and referrals into treatment and support services, and a listening ear in a safe and supportive environment.
  - For more information, visit [www.benscentre.org](http://www.benscentre.org)

## Women's Health, Pregnancy and Family Support

- Fourth Trimester - Sling Surgery
  - Sling Surgery helps families to care for their children in ways that bring stability, peace and hope. Close contact, such as carrying, helps these bonds to build. The use of Slings can help with perinatal mood disorders such as postnatal depression, partially due to oxytocin release and in part due to increased bonding. They offer a free library drop in service, a baby group that helps to educate new parents and decrease isolation, and affordable sling hire. Through their Building Bonds charity, they help families in crisis by donating slings. For more information, search [www.sheffieldslingsurgery.co.uk](http://www.sheffieldslingsurgery.co.uk)



# What services are available?

## Women's Health, Pregnancy and Family Support (Continued)

- Light Sheffield
  - Light is a charity working to offer emotional peer support to mums, dads & other family members pre & post Natal up to 2 years working with families in Sheffield, Doncaster & Rotherham and beyond. They run support groups around these areas (though these are postponed during the Covid-19 pandemic; in place of this they are now offering support groups via Microsoft teams). They also have an online forum where you can go on and chat with other mums about the struggles and feelings you are having. They have a one to one support service via email, text, phone or video, with a staff member or trained volunteer. All these services are available to dads & other family members too. For more information, email [contactus@lightpeersupport.org.uk](mailto:contactus@lightpeersupport.org.uk) or visit their Facebook page, which has daily postings!
- The Eve Appeal
  - The Eve Appeal run a nurse-lead gynae information line for anyone with gynaecological-related questions - this service is called Ask Eve and is free on 0808 802 0016 or [nurse@eveappeal.org.uk](mailto:nurse@eveappeal.org.uk). This may be helpful for anyone with anxieties related to women's health or gynaecological cancers, or women seeking advice from experienced nurses.



# What services are available?

## Homelessness Services and Employment Support

- Big Ambitions
  - Big Ambitions is a community interest company that help people with mental health difficulties to gain and retain employment. They help individuals to work towards their goals whilst supporting their mental health needs, whether this be related to employment, volunteering, training or personal developments. Being unemployed increases the risk of developing mental health problems, and being in work gives a sense of belonging as well as providing routines, so Big Ambitions are here to support you with this. For more information, visit [www.bigambitions.org.uk](http://www.bigambitions.org.uk)
- Foyer
  - Foyer is a homelessness service that believes that nobody should have to go without warmth and a roof over their head. Over the years, hundreds of individuals have managed to build valuable skills with the help of Foyer, and the Sheffield project has around 60 bed spaces for 16-25 year-olds, to provide a safe place, as well as other services that increase employability and develop leadership potential. Whilst they don't directly provide mental health services, having a safe place and improving prospects for the future can help reduce anxieties for those who are or at risk of becoming homeless. For more information,
    - call 0114 289 5600



# What services are available?

## Homelessness Services and Employment Support (Continued)

- Young Women's Housing Project
  - YWHP is a specialist project that provides trauma-informed support and therapy with safe, supported accommodation for young women (16-25) and their children who have been affected by or who are vulnerable to abuse, including sexual abuse, sexual exploitation and domestic abuse. Both one-to-one and group work sessions are delivered and services are also accessible for those on an outreach basis who are seeking support but already have a safe place to live. The work is centered around supporting women to find and maintain safety, stability and independence in their lives with a focus on emotional & mental wellbeing and trauma recovery. They also offer specific programmes that focus on building healthy relationships, sexual health and much more. For more information, email [ywhp@ywhp.org.uk](mailto:ywhp@ywhp.org.uk).

## General, Peer Support and Welfare Groups

- St. Wilfrid's Centre
  - St Wilfrid's Centre doesn't offer any specific therapies but rather, offers a safe, welcoming space for adults. Most of their clients are socially isolated and they offer over 40 activities during the week to develop self esteem, social and life skills. They run a weekly Women's Group to address specific issues for women in a non-threatening and nurturing session. St Wilfrid's Centre accepts referrals from across Sheffield. For more information, visit <https://www.stwilfridscentre.org/>



# What services are available?

## General, Peer Support and Welfare Groups (Continued)

- Together Women
  - Together Women provides holistic services to women and girls with multiple and complex needs in Sheffield. They provide gender specific support for women and girls that is flexible, responsive and dynamic. Through trained, expert key workers, women can have their needs identified and addressed through various interventions: 1:1 work, group therapy and signposting to external, specialist services who operate from their centres to provide clients with an holistic, all encompassing service. They offer safe, women-only spaces to provide needs assessment, action-planning, support and case management for women and girls. For more information, call 0114 275 8282
- Westside Therapy
  - Westside therapy offers a person-centred approach to counselling and accommodates those seeking both short-term and long-term therapy. They cater for a wide range of mental health issues including anxiety, addiction, depression, domestic abuse, stress and more. They are located in the Crookes / Broomhill area of Sheffield, where they offer 50 minute sessions (prices available online). For more information, visit their website at [www.westsidetherapysheffield.com](http://www.westsidetherapysheffield.com) or email [westsidetherapysheffield@gmail.com](mailto:westsidetherapysheffield@gmail.com)



# What services are available?

## Trauma, Abuse and Post-Traumatic Stress Disorder (PTSD)

- SRASAC (Sheffield Rape and Sexual Abuse Centre)
  - SRASAC is a specialist sexual violence service, supporting survivors in Sheffield with both ISVA support (regarding reporting to the police) and counselling. SRASAC work to support recovery from the emotional and psychological distress caused by trauma from rape, sexual violence or abuse / exploitation. All of their staff are professionally qualified to ensure the best support is available to you. For more information, email [info@srasac.org.uk](mailto:info@srasac.org.uk) or visit <https://srasac.org.uk/>
- The Snowdrop Project
  - The Snowdrop Project is a Sheffield-based charity which provides support to survivors of human trafficking and modern slavery. The Snowdrop Project provides specialist trauma-informed counselling, community activities, casework support and a house renovation programme. All support is tailored to the individual needs of each client and takes a trauma-informed approach. For more information, please visit [www.snowdropproject.co.uk](http://www.snowdropproject.co.uk)





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Our helpline at 0300 365 9949 runs from  
Monday-Friday, 10am-4pm