

Find Local Support for your Mental Health and Wellbeing

We all have mental health like we all have physical health. Our mental health affects how we think, feel, relate to others, our ability to work, study and do the things we enjoy.

Some days our mental health is not as good as others. On these days it's important to know who to contact when you or someone you care about needs support.

Thousands of people continue to benefit from local mental health services and wellbeing groups in our area. Some services are face to face, some people prefer texting services. Both are listed in this directory. Make a note of those that matter to you and get in touch. It's quick, easy and your personal information will be kept private.

Working **together** in your community

www.rotherham.gov.uk/neighbourhoods

NHS Talking Therapies

NHS Talking Therapies is a free and confidential service to help you improve your mental health and wellbeing.



It supports adults who may be experiencing:

- Stress
- Anxiety and depression
- Too much worrying
- Feeling down
- Disturbed sleep
- Panic attacks
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Social anxiety and phobias

They can help you face-to-face, over the phone, by video, or text message.

Call **03000 215 108** to book an assessment (usually within two weeks).

You can also ask your GP or healthcare professional to refer you.



For more information please visit [**www.rdash.nhs.uk/services/nhs-talking-therapies/**](http://www.rdash.nhs.uk/services/nhs-talking-therapies/) or scan the QR code.

IESO Digital Health

This service is available to adults with a Rotherham GP.

They treat:

- Anxiety and worry
- Depression
- Post Traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Phobias
- Sleep problems
- Stress

What to expect:

- Free and confidential Cognitive Behavioural Therapy (CBT)
- No long waiting times
- One-to-one typed therapy sessions via a secure online platform
- Flexible appointments: Seven days a week, available 6am to 11pm
- Delivered by qualified and accredited therapists

How to access:

- No GP referral needed
- Online only – attend sessions from anywhere you feel comfortable
- All you need is a smartphone, tablet, or laptop with internet access



For more information please visit
www.iesohealth.com/areas/rotherham
or scan the QR code.

Free Online Mental Health Support for Adults in Rotherham



Commissioned by the NHS, Qwell offers free, safe, and anonymous support without waiting lists, and you don't need a referral.

What's available:

- Live chat or messaging with qualified mental health professionals
- Self-help tools, articles, and podcasts
- A supportive online community

Live Chat Hours:

- Monday to Friday: 12 noon to 10pm
- Saturday and Sunday: 6pm to 10pm
- Access anytime, 24/7



For more information please visit www.qwell.io or scan the QR code.

Free Online Mental Health Support for Young People in Rotherham



Who is Kooth for?

Kooth is for any young person in Rotherham aged between 10 and 25 years old.

What is Kooth?

Kooth is a free, safe, and anonymous online mental health support service.

It is commissioned by the NHS and available 24/7.

There are no waiting lists and you don't need to be referred.

How to Access Kooth

You can access Kooth instantly online at any time.

Young people can register themselves online.

Support Available

- Live chat or messaging with qualified mental health professionals
- Self-help tools and activities
- Online community

Live Chat Hours

Live chat is available:

- Monday to Friday: 12 noon to 10pm
- Saturday and Sunday: 6pm to 10pm



For more information please visit
www.kooth.com or scan the QR code.

Andy's Man Club – Kiveton Park

Talking Group for Men

A safe, confidential space for men to talk, listen, and support each other.



Location

Kiveton Park & Wales Community Development Trust
The Old Colliery Offices
Colliery Road, Kiveton Park
S26 6LR

When

Every Monday at 7pm (Excludes bank holidays)

Who can attend?

Men aged 18 years old and over.

How to join

- You don't need a referral – just turn up
- Online groups available – email: info@andysmanclub.co.uk

Why attend?

Because #ItsOkayToTalk.

Andy's Man Club offers peer-to-peer support for men struggling with life's challenges.

We Are With You

Rotherham Drug and Alcohol Services

For young people and adults. ROADS offers a non-judgemental and supportive approach to substance misuse.

Support is guided by your individual goals.

ROADS 

Rotherham alcohol
and drug service

provided by
withyou

To get help:

- You can self-refer by phone or online
- Professionals can also refer you
- No complicated forms or waiting lists

Main location

Carson House
Moorgate Road
Rotherham
S62 2EN

We also have local hubs in:

- Kiveton
- Wath
- Greasborough
- Maltby



For more information please visit
www.wearewithyou.org.uk/local-hubs/rotherham-roads
or scan the QR code.

AMPARO – Support After Suicide

AMPARO is for anyone affected by suicide, including:



- Family and friends
- People who found the person
- Professionals and work colleagues
- Children, young people, and adults

They offer practical and emotional support from day one, and for people affected by suicide in the past.

What support does AMPARO offer?

- Contact within 24 hours of a referral
- A support plan within seven days
- Support in a way that suits you:
 - In person, by phone, or however you feel most comfortable
 - At home, a local café, on a walk, or anywhere safe and confidential
- Help with:
 - Police or Coroner processes
 - Attending an inquest
 - Reducing isolation and normalising emotions
 - Guidance through grief
 - Signposting to local services
- Workplace and school support
- Free, open-ended, and tailored to your needs

AMPARO is not a crisis service.

Available: Monday to Friday, 9am to 5pm.

Self-refer by calling: **0330 088 9255**

Kiveton Park and Wales Community Development Trust Wellbeing Events

Based at Kiveton Community Hub, you can self-refer or ask your GP to refer you. They offer a busy calendar of wellbeing events, including:

Monday

- Coffee Morning: 10am to 12 noon
- Advanced Chair-based Exercise: 2.15pm to 3pm
- Low Impact Circuit Training: 3.15pm to 4pm
- Andy's Man Club: 7pm to 9pm

Tuesday

- Lunch Group: 12 noon to 2pm
- Crossroads Care (1st & 3rd Tuesday): 2pm to 3.30pm

Wednesday

- Gentle Chair-based Exercise: 10am to 10.45am
- Ladies Fitness: 6.15pm to 7pm
- Better Today Drop-in: 6.30pm to 8.30pm

Thursday

- Gardening Group: from 10am
- Walking Group: meet at 10am, set off at 10.30am
- Low Impact Circuit Training: 11.30am to 12.15pm
- Women's Wellbeing Group (last Thursday): 7.15pm start

Friday

- Better Today Warm Space Coffee Morning: 9.30am to 11.30am
- SEND Connect Craft & Chat (1st Friday): 9.30am to 11.30am

Find them on Facebook:

Kiveton Park and Wales Community Development Trust
Call: **01909 773 348**



For more information please visit
www.kivetoncommunityhub.co.uk
or scan the QR code.

Rotherham Crisis Service

Help is just a call or click away.

If you need urgent help with your mental health, we're here to help you.

Call **0800 804 8999** or NHS **111** and choose the mental health option.

South Yorkshire Shout

Free, confidential support,
24/7 provided by Shout.

If you are feeling:

- Anxious
- Stressed
- Lonely
- Depressed
- Self-harming
- Having suicidal thoughts
- Or facing any other mental health challenges

Text **'EYUP'** to **85258**

There to help you 24 hours a day, every day.



RotherHive Website

RotherHive is the go-to place for information on a variety of mental health challenges, some of which you may be facing.



It provides a range of mental health and wellbeing information, support and advice for adults in Rotherham.



For more information please visit [**rotherhive.co.uk**](https://rotherhive.co.uk) or scan the QR code.
Note: This is not a live response website.

Wellness Hive

Find tips and tools to improve and maintain your mental health.



For more information please visit [**www.rotherhive.co.uk/wellness-hive**](https://www.rotherhive.co.uk/wellness-hive) or scan the QR code.

Age UK Rotherham

– Support and Services

EngAge Groups

Improve your social, mental and physical wellbeing with our social groups led by and for older people in local communities around Rotherham.

In Wales Ward, we have a group meeting at Kiveton Park and Wales Village Hall on Fridays, from 10am to 12 noon.

Activities include:

- Quiz
- Crafts
- Games
- Chatting
- Tea and biscuits

Our Community Connector, Angela, is available at groups in South Rotherham to provide information and support about a range of later life issues.

Email: [**makingconnections@ageukrotherham.org**](mailto:makingconnections@ageukrotherham.org)

Call: **01709 835214**



For more information please visit
[**www.ageuk.org.uk/information-advice/**](http://www.ageuk.org.uk/information-advice/)
or scan the QR code.

Information and Advice Service

Age UK Rotherham offers a free and confidential information and advice service for older people, their families and carers.

We can help with:

- Benefits entitlement checks
- Form filling and applying for retirement age benefits
- Staying warm at home, home adaptations and housing
- Finding a care home, getting help at home and funding

Email: info@ageukrotherham.org

Call: **01709 835214**

Be the One

Spot the signs when someone is thinking of taking their own life.

Be the One can give you the advice and support needed to help someone who's struggling. You can also take a free 20-minute Zero Suicide Alliance training session on their website.



For more information please visit www.be-the-one.co.uk or scan the QR code.

Note: This is not a live response website.

Care and Support Services

A Little Bit of Help is a charged-for service that provides a helping hand with everyday tasks so you can stay independent for longer.

We can help with:

- Getting out and about, including appointments
- Cleaning and laundry tasks
- Shopping with you or for you
- Planning and preparing meals
- Company for hobbies, crafts, reading, or outings
- Sitting service while your carer takes a break

Feeling lonely?

Our LinkLine telephone service provides a friendly phone call each morning to offer reassurance and reduce isolation.

Email: [**csssupport@ageukrotherham.org**](mailto:csssupport@ageukrotherham.org)

Call: **01709 786 955**

National Organisations that you might find helpful

Samaritans

Offers a safe place to talk at any time.

Call: **116 123** (free, 24/7)

Email: jo@samaritans.org (response may take 24 hours)

CALM – Campaign Against Living Miserably

Call: **0800 585858**



For more information please visit
www.thecalmzone.net or scan the QR code.

PAPYRUS – Prevention of Young Suicide

For young people or anyone worried about a young person.

Call HOPELINE: **0800 068 4141** (available 24/7)



For more information please visit
www.papyrus-uk.org or scan the QR code.

Survivors of Bereavement by Suicide (SOBS)

SOBS runs peer support groups for adults impacted by suicide.

Find your local group at uksobs.com group or ring the support line **0300 111 5065** (9am to 7pm)



For more information please visit uksobs.com
or scan the QR code.

This leaflet is sponsored by your Wales Ward councillors.



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