**Shropshire – Signposting options**

Psychological support

*NHS Talking Therapies*

Self referral, identified goals.

*Shropshire, Telford & Wrekin Staff Psychological Wellbeing Hub –*

Open to all members of NHS and social care workforce employed by organisations in Shropshire and Telford and Wrekin.

Webpage - [Staff Psychological Wellbeing Hub (stwtraininghub.co.uk)](https://stwtraininghub.co.uk/staff-psychological-wellbeing-hub)

Self referral - 07890 066445 stwstaffwellbeing@mpft.nhs.uk

*Seachange*

Drop in talk and play – parents can chat with other parents and parent infant specialists in a supportive environment. Term time Monday between 10am – 3pm in the Quarry Park in Shrewsbury in our Bell Tent and on a Wednesday morning between 10 – 12 at The Pavilion Community Hub and Library.

Buggy Walks and Talks take place in the Quarry Park at 10am every Monday

Mental Health Support

*Shropshire MIND* [Shropshire Mental Health Support | Mental Health Shrewsbury & Telford (shropshiremhs.com)](https://www.shropshiremhs.com/)

24 hour telephone support. 01743 368647 Text 86463

Weekly timetable of events women only groups, crafts, singing, calm cafes. Shrewsbury and Oswestry

TRIM pathway (Trauma Resilience Management) for employees in Adult social care and NHS [TRIM PATHWAY - Shropshire MHS](https://www.shropshiremhs.com/services/trim-pathway/)

Health Visiting

Open access clinic. Every Tuesday 9.20m- 12.30 Sunflower House, SY1 4ES. No appointment required.

Text health visitor – 07520 635212

Mums in Mind Group – Variable times, would need to check as they run dependant on capacity and need.

Family/Parent Support

*Solihull Approach –*

Understanding pregnancy, labour, birth and your baby and Understanding your baby.

Online programme- antenatal and postnatal course aimed at building a strong, health relationship with baby. Go to [www.inourplace.co.uk](http://links.govdelivery.com/track?type=click&enid=ZWFzPTEmbXNpZD0mYXVpZD0mbWFpbGluZ2lkPTIwMTYwOTI3LjY0MjYzNDUxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE2MDkyNy42NDI2MzQ1MSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE2Nzk1MDA0JmVtYWlsaWQ9c2FyYWgudHJvd0BzaHJvcHNoaXJlLmdvdi51ayZ1c2VyaWQ9c2FyYWgudHJvd0BzaHJvcHNoaXJlLmdvdi51ayZ0YXJnZXRpZD0mZmw9Jm12aWQ9JmV4dHJhPSYmJg==&&&102&&&https://inourplace.co.uk/). Free code DARWIN

*Shropshire Strengthening Families (Early Help):*

<https://www.shropshire.gov.uk/early-help/>

Relationship Support

Face to face course – Working on your relationship.

Offered by Parenting Team 4 week course to attend either with partner or individually.

Information email - getonbetter@shropshire.gov.uk

Virtual – Understanding your relationship.

Covers feelings, communication, and conflict in relationships, anger and repair.

Code DARWIN 18 for free access

<https://inourplace.heiapply.com/online-learngin/course/53>

U&I Counselling in Oswestry is a voluntary counselling organisation run by a group of local professional counsellors. U&I Counselling also offer couples / family and relationship therapy, and the minimum donation for this therapy is £10. info@uandicounselling.org.uk [U&I Counselling (Oswestry) - Shropshire Community Directory - Shropshire Council (openobjects.com)](http://search3.openobjects.com/kb5/shropshire/cd/view.page?record=ynYbXB6DYFI)

Virtual - One Plus one courses.

Arguing Better – for couples experiencing high levels of stress.

<https://www.oneplusone.org.uk/parents>

Me, You and Baby Too – supports parents navigate the changes in their relationship when a baby arrives.

<https://www.oneplusone.org.uk/parents>

Breastfeeding Support

[www.breastfeedingnetwork.org.uk/shropshire](http://www.breastfeedingnetwork.org.uk/shropshire)

National helpline -0300 100 0212 9.30am to 9.30pm

Local breastfeeding groups - [Local Breastfeeding Groups (padlet.com)](https://padlet.com/BfNShropshire/local-breastfeeding-groups-8oyhq10rfa1juiay)

Eating Disorders

Severnfields – 0300 303 3426

Referrals e-mail –**mpft.edsshropshire@nhs.net**

Substance Misuse

*With you in Shropshire /Shropshire Recovery Partnership*

01743 294700 **Email:** srpinfo@wearewithyou.org.uk

Bereavement

Cruse – Shropshire, Telford and Wrekin

Email: shropshire@cruse.org.uk Telephone: 0845 606 6812

**Sexual Abuse -**

*Axis Counselling for Sexual Abuse*

01952 278000

Trauma On-line Course

Solihull Approach This has been developed by a team of experienced NHS psychologists and professionals. Understanding your own trauma.

‘It offers a safe and accessible way for you to explore your own experiences and gain a deeper understanding of trauma’s impact on your life’.

<https://inourplace.heiapply.com/online-learning/course/116?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo>

Free- Use Access code DARWIN 18

Birth Reflections

From 6 weeks onwards. Book on-line [Birth Reflections Service - SaTH](https://www.sath.nhs.uk/wards-services/az-services/maternity/patient-info/birthreflectionsservice/#:~:text=Birth%20Reflections%20is%20available%20for,with%20a%20specially%20trained%20midwife.)

Twins

**Twins club,** Local friendly group, expectant and parents of multiples welcome.

[www.twinsclub.co.uk](http://www.twinsclub.co.uk)

Shrewsbury Multiples matter Group, Sunflower House, SY1 4ES Telephone: 07818587777

**Autism**

Autism hub. Calm café 10am – 3pm Tues – Thursdays. Louise House [Shropshire Autism Hub – A4U](https://a4u.org.uk/our-work/shropshire-autism-hub/)

Education, training and employment

Enable - **01743 276900** [Contact - Enable. Supported Employment Services (enableservices.co.uk)](https://enableservices.co.uk/contact/)

Leaflets –

<https://www.selfhelpguides.ntw.nhs.uk/mpft/>

Recovery College

[Wellbeing & Recovery College :: Midlands Partnership University NHS Foundation Trust (mpft.nhs.uk)](https://recovery.mpft.nhs.uk/)