



Hafal's services in **ANGLESEY**

Hafal is an organisation managed by those it supports: people with serious mental illness and their carers.

Hafal's Recovery Programme in Anglesey is delivered through the following services:

Family Support Service: offering support, advice, information, carer groups, befriending, a voice in planning. Short respite break opportunities through accessing local community initiatives.

Referral arrangements - Anglesey Community Mental Health Team 0300 085 0016, GPs, self referral, friends, relatives and Carers Outreach.

Opening Hours - Mon - Thurs 9.00am - 5.00pm

BCUHB EIP service: outreach support to young people aged 14-25 who are experiencing their first episode of psychosis. For more information please contact 07989 473375 or daniel.bartlett@hafal.org.

For more on the latest services, visit: <http://www.hafal.org/in-your-area/isle-anglesey/>

For more information on any of our Anglesey services, or to chat about how we can support you in your recovery, please contact one of our local staff:

Sammy Williams – Family Support Worker

Tel: 07973 988058

Email: samantha.williams@hafal.org

Sam Hughes – County Manager

Tel: 07970 436297

Email: samantha.hughes@hafal.org

See inside for contact details of key sources of support in the Anglesey area...



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www.hafal.org **Facebook/Twitter:** search for "Hafal"

Key sources of support in your area

When you have a serious mental illness it's important to remain positive, keep safe and plan your way towards **recovery**. This leaflet provides some key contacts to help you plan ahead in different areas of your life.

work and occupation

Employment can form a key part of recovery as it affords dignity and respect as well as financial independence. Your local Jobcentre can provide advice on a range of matters, including returning to work. You can ring **Jobcentre Plus** on **0800 169 0190**

accommodation

It is important to ensure that you have the best accommodation available to you. The local housing service will be able to provide you with help and advice on sorting out your living arrangements. Contact your local Officer on: **01248 752 200**

social, cultural and spiritual

In general it is important to look after social life as this keeps you in touch with people. You can find out about local culture and leisure opportunities by visiting the Isle of Anglesey County Council website at **www.anglesey.gov.uk** or calling them on **01248 750 057**

education and training

Training and education provides you with opportunities to develop job-related skills, meet people with similar interests and achieve personal goals. To find out about local training opportunities you can contact the Open Learning Centre on **01407 765755**

personal care and physical wellbeing

Talk to your doctor about maintaining and improving your physical health and raise any physical health concerns you may have. If you do not have a doctor then contact your **Local Health Board** on: **01745448406**

finance and money

You may want to earn a salary, maximise your benefits, enhance budgeting skills or get information about debt management. You can call your local Citizens Advice Bureau on **03003 3011921**

parenting or caring relationships

You could discuss parenting/caring issues with your GP, health visitor or mental health professional, or you can seek advice from a local or national advice organisation such as the Citizens Advice Bureau. They can signpost you to various sources of support, as can your local Council. Please see contacts above.

medical and other forms of treatment including psychological interventions

Remember that the choice of medication for your mental illness is down to you as well as your doctor. Please see information above about contacting a GP. As part of your recovery you can also look at what other treatments and therapies for a mental illness may be available including counseling and psychotherapy. Ask your doctor what's on offer.

