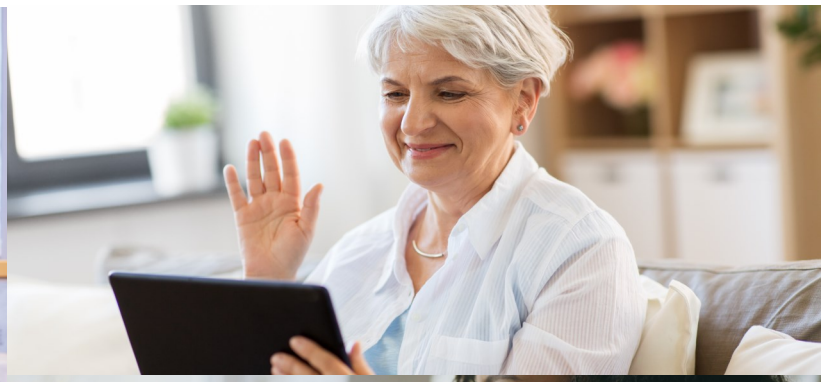
Frimley Health and Care

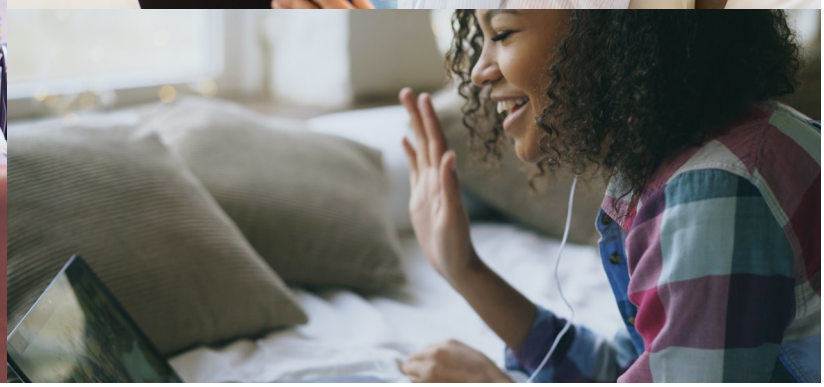
mind for better mental health Andover

Aldershot Health Primary Care Network

NHS Surrey and Borders Partnership NHS Foundation Trust

Aldershot Mental Health Integrated Community Service (MHICS)





MHICS is a new team of mental health specialists working with Aldershot GPs to offer mental health support and advice to local people over 18.

How does it work?

1. Your GP or Practice Nurse will refer you to the MHICS team.
2. You'll be offered an appointment with a mental health practitioner, probably by phone or video call.
3. They will work with you to identify what the best support is for you.

Surrey and Borders Partnership NHS Foundation Trust are the lead data controllers for this service.
For more information on how we use your data, visit:
https://www.sabp.nhs.uk/our-services/advice-guidance/sharing-your-info

What kind of support is available?

- Information about mental health problems and what can help
- Brief interventions, including coping strategies
- Bridging you to other useful services
- A Community Connector with expert knowledge of local services and links to wide-ranging organisations, including:
    - Employment support
    - Housing support
    - Citizens' Advice
    - Drug and alcohol services

MHICS is a multi-disciplinary mental health team. You will be linked to the right person to support your individual needs.

Who can use the service?

Anyone over the age of 18 who is experiencing mental health problems or difficulties that are impacting their everyday life.

You don't need a diagnosis to be supported by MHICS.

What if I need urgent support for a crisis?

MHICS is not an emergency service but don't worry — If you need urgent or emergency mental health support, help is available:

Crisis helpline

Open 24 hours a day, seven days a week: **0800 915 4644**

If you have speech or hearing difficulties, text: **07717 989024**

For more mental health crisis support, including details of out-of-hours Safe Haven services, visit: www.frimleyhealthandcare.org.uk/mentalhealthcrisis