



Mind Your Own Business

Working with you to improve the mental wellbeing of your staff

Please find enclosed a directory of local support services for adults of working age in Rotherham. The directory includes information on advice services, mental health services, alcohol and drug services, weight management support and sexual health services.



Mental Health and Emotional Problems

Primary Care Mental Health Service (NHS)

This service is made up of a team of health practitioners based in GP surgeries, who are skilled in helping people overcome emotional and mental health difficulties. This service is accessed by referral from your GP. At your first appointment you will be offered an assessment that will identify the appropriate support for you.

Telephone: 01709 302630

Rotherham Mental Health Crisis Team

For those in mental health crisis, 24-hour crisis helpline and assessment service.

Telephone: 01709 302670 (24 hours)

Samaritans

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Telephone: 08457 909090

MIND

Rotherham Mind is a mental health charity affiliated to National Mind.

Rotherham Mind offers a self referral service to anyone who works or lives in Rotherham and the surrounding area.

Mind currently offer the following support:

- Carers group
- Debt advice
- Supported housing
- Art groups
- A drop-in facility

Mind supply training for mental health professionals, employers and employees on a wide range of mental health issues including:

- Self-harm
- Eating disorders
- Bereavement.
- Anger management
- Self-esteem
- Anxiety management

They also provide a bespoke personalised support package for individuals experiencing poor mental health which can be either self-funded or provided via a direct payment from Rotherham Metropolitan Borough Council if the individual qualifies for the Fair Access to Care criteria.

Telephone: 01709 367648
Email: liz@rotherhammind.co.uk



Advice Services

Citizens Advice Bureau

Helps and supports people to resolve their legal, financial and other problems by providing independent and confidential advice.

Wellgate Old Hall, 120-126 Wellgate,
Rotherham S60 2LN.

There are also outreach sessions available at locations across Rotherham.

For Information call: 01709 515680
For Appointments call: 08444 111444
(Mon - Fri, 10 - 4) 03003 300650

There is also an online information service
www.adviceguide.org.uk

Face Advice Centre

The Face Advice Centre offers advice on a wide range of subjects including benefits, relationships, immigration, employment, housing, legal issues and tax and is based at: 118 Ferham Road, Holmes, Rotherham, S61 1DY. Appointments must be made.

Telephone: 01709 740050
Web: www.faceadvice.org.uk

Kiveton Park Independent Advice Centre

Advice on welfare benefits and general issues.

Kiveton Park Library, Wales Road, Kiveton Park, Rotherham, S26 6RB.

For details of drop ins or to make an appointment.

Telephone: 01909 773966
Email: info@kpadvice.org.uk
Web: www.kpadvice.org.uk

National Debtline

Telephone: 0808 8084000
Monday to Friday 9am - 9pm
Sat 9.30am - 1pm.

Welfare Rights and Money Advice Service

For benefits advice including appeals for people receiving on-residential social services, disabled children and their families and those that are terminally ill.

Telephone: 01709 822446

For money advice on issues such as mortgage and rent arrears, credit card debt and bank loans.

Telephone: 01709 822329

For information about Welfare Right Duty.

Email: welfarerightduty@rotherham.gov.uk

For information about debt advice.

Email: moneyadvice@rotherham.gov.uk

Credit Unions

Credit unions offer a responsible alternative to high street banks, helping people to take control of their money by encouraging them to save what they can and borrow only what they can afford to repay.

Rothersave 01709 514263
Web: www.rothersave.co.uk
LASER credit union 01709 836500
Web: www.lasercu.org.uk
Ryton credit union 01909 567439
(Saturdays Only, 9 - 11)

Illegal Money Lending Team

Loan shark lending is a crime. If you think you have been a victim of a loan shark the Illegal Money Lending Team can provide confidential help and advice.

Telephone: 01216 931122
Text: loan (space) shark (space) + your message to 60003
Email: stoploansharks@birmingham.gov.uk

General Health Issues

Rotherham Health Advice Centre and Patient Advice and Liaison Service (PALS)

The Health Advice Centre and PALS Service provides a free, confidential advice and information service on all health issues.

PALS can act impartially and can quickly help to sort out any concerns about NHS care received by liaising with the appropriate staff involved if necessary.

Telephone: 01709 423030
Monday to Friday 9am-5pm

Rotherham Community Health Centre,
Greasbrough Road, Rotherham, S60 1RY

Rotherham Occupational Health Advice Service (ROHAS)

ROHAS provides advice and support to enable people to deal with a whole range of work related ill health issues. Services include information on a range of work related health problems, information and advice about your employment rights, referral to other NHS Professionals, mediation with your employer.

Telephone: 01709 428964
01709 428965
01709 428966

You can enquire at your GP practice about whether you can see a ROHAS advisor there.

Rotherham Health Trainer Service

Rotherham Health Trainer Service is a free service to Rotherham residents who would like additional support and motivation to make a lifestyle change. It could be stopping smoking, improving diet, doing more exercise, drinking sensibly or reducing stress. Anyone can self-refer to the service or a GP can refer on their behalf. Health Trainers work confidentially on a one-to-one basis with clients to set achievable goals and then encourage them to make that change.

Telephone: 01709 302747
01709 308869

NHS Health Check

All people aged 40 - 74 years old and registered with a Rotherham GP are eligible for a FREE Health Check.

The Health Check will tell you if you are at risk of developing Cardiovascular disease and what you can do to reduce the risk.

You may also be eligible for a free 6 week leisure pass at one of Rotherham's Leisure Centres. (Conditions apply and are subject to availability).



Smoking, Drugs and Alcohol

Stop Smoking Service

If you would like support to stop smoking you can contact the Rotherham NHS Stop Smoking Service. You are four times more likely to stop with their help.

Telephone: 01709 422444

Rotherham Drug Services

These services aim to minimise drug-related harm for both users and their families. Contact the service for further information about the support available.

Telephone: 01709 447210

Rotherham Alcohol Service - Lifeline

If you are concerned about your own or someone else's drinking then please contact Lifeline.

Telephone: 01709 364804
Or drop in to: Milton House,
77 Sheffield Road,
Rotherham, S60 1DA

Primary Care Alcohol Service

See your GP, or

Telephone: 01709 447216

Drinkline

The Drinkline helpline can put you in touch with your local alcohol advice centre for help and advice.

Telephone: 0800 9178282 (24 hours)

You can also discuss any concerns you may have over alcohol with your GP.

Know the Score (Young People's Drug and Alcohol Project)

Young people's drug and alcohol service based in Rotherham. Offering advice and counselling.

Telephone: 01709 836047

Online resources

www.hiwecanhelp.com

Here to help people whose lives are affected by drugs.

www.units.nhs.uk

Online resource including unit calculator, unit advice etc.

www.drinkaware.co.uk

Online resources including downloads and order line for drinking wheels.

www.callitanight.co.uk

Local online information resource for young people and parents/carers featuring extracts from the DVD Call It A Night.

Talk to Frank national drugs awareness site and helpline for young people and parents

Telephone: 0800 776600 (24 hours)
www.talktofrank.com

Physical Activity and Leisure Services

For information about leisure centres and activities in your local area go to www.rotherham.gov.uk and search for leisure and culture



Rotherham Weight Management Services

The following weight management services are only available to people registered with a Rotherham GP.

Reshape Rotherham

This is a free service available to all local residents registered to a Rotherham GP, with a BMI of over 25. Reshape Rotherham consists of a series of ten weekly, hour long sessions designed to help people make long term changes towards a healthier diet and lifestyle.

People can either self refer over the phone or can be referred into the service by visiting their GP or Practice Nurse.

Telephone: 01709 427694
Email: reshape@rothgen.nhs.uk

Rotherham Institute for Obesity (RIO)

RIO is a specialist centre for the management of obesity. Patients must be referred in by their Rotherham GP.

Telephone: 01709 720193
Web: www.rotherhaminstituteforobesity.co.uk

Carnegie Club

This is a 12-week weight management programme for overweight and obese children aged 8-17 and their families to help them become fitter, healthier and happier. DC Leisure is working in partnership with NHS Rotherham and CWM to deliver Carnegie Clubs FREE of charge at Rotherham Leisure Complex, Aston-cum-Aughton Leisure Centre, Maltby Leisure Centre, and Wath Leisure Centre.

Telephone: 01709 722555
Web: www.cwmhealth.com

Carnegie International Camp

Carnegie International Camp is run by CWM and is a residential summer camp for 8-17 year olds. The camp is multi-disciplinary, including guidance on dietary restriction and modification, physical activity and its promotion, lifestyle change and the development of social skills. It provides a fun and supportive environment for weight loss.

Telephone: 0113 8125 233
Web: www.cwmhealth.com

Change 4 Life

A national movement to help families eat well, move more and live longer.

Telephone: 0300 123 4567
Web: www.nhs.uk/change4life



Sexual Health

The Contraception and Sexual Health Service

This service offers free condoms and contraception, emergency contraception, pregnancy testing, termination support, STI checks, general sexual health advice and support, psychosexual support. Open Monday to Saturday call or visit for appointment.

Telephone: 01709 423129

Rotherham Community Health Centre,
Greasbrough Rd, Rotherham, S60 1RY.

Genito-Urinary Medicine

A free and confidential service that offers sexual health checks. Full STI screens, emergency contraception, HIV testing and information on hepatitis B available. Call or visit for an appointment.

General clinic open Wednesday and Friday
8.45am - 1pm, 1.45pm - 4.30pm.
Monday, Tuesday and Thursday
8.45am - 1pm, 1.45 - 7.00pm

Telephone: 01709 427777

Rotherham NHS Foundation Trust,
Moorgate Road, Rotherham, S60 2UD.

Pregnancy Advisory Service

The Pregnancy Advisory Service provides advice and information to women and couples about their choices if they are unsure about continuing with a current pregnancy.

Telephone: 01709 424542

Rotherham NHS Foundation Trust, Moorgate
Road, Rotherham, S60 2UD.

Sexual Assault Referral Centre

A service where female and male victims of rape and sexual assault can receive medical care and counselling all under one roof. The service takes self-referrals or referrals can be made through other services such as the police.

Telephone: 01709 427327

Fax: 01709 427328

The Isis, Rotherham NHS Foundation Trust,
Moorgate Road, Rotherham, S60 2UD.

Tanya Wills
Independent Sexual Violence Advisor

Telephone: 01709 427326

Email: sarc@rothgen.nhs.uk

Help72 scheme

Service which offers FREE Emergency Hormonal Contraception (EHC) to women aged 13 and over in Rotherham should they have had unprotected sex in the last 72 hours and are concerned about being pregnant.

Visit www.help72.co.uk to find out where to get free emergency hormonal contraception.



Mind Your Own Business

This is a service for Rotherham employers that is absolutely free and will help you to recognise and reduce stress and mental ill health within your workplace.

Contacting us

For further information contact Jess Wilson, Health Promotion Specialist (Mental Health in the Workplace) on 01709 302727 or [mindyourownbusiness@rotherham.nhs.uk](mailto:mindyournbusiness@rotherham.nhs.uk).

Upon contact you will be given any additional information that you may require about the initiative.

You will be offered an initial consultation where we will discuss your business needs and the services that are available to you.

What Mind Your Own Business offers:

There are a number of simple steps that you, as employers, can take to promote the mental wellbeing of your workforce and support staff who may be showing signs of stress or mental ill health. Mind Your Own Business can help by providing information and advice as well as links to local services, workshops and training courses. This service is available to all Rotherham employers of any size.

We value your comments

If you have any suggestions or concerns you can speak to any member of staff or practice manager, alternatively you can speak or write to: Head of Patient Support Services, NHS Rotherham, Oak House, Moorhead Way, Bramley, Rotherham S66 1YY

For general information on Rotherham's health services, please contact the Patient Advice & Liaison Service (PALS) at the Health Advice Centre on 01709 423030.

For more information about how we use and protect your information see "The Protection and Use of Patient Information" leaflet available from NHS Rotherham sites and GP surgeries.

This leaflet can also be supplied in braille, audio format, PDF, large print and other languages on request.

"هذا المشور يمكن توفيره أيضاً في البرايل، شريط كاسيت سمعي، قرص،

طبعة كبيرة و لغات أخرى عد الطلب."

درخواست دینے پر یہ کتابچہ بریل، آڈیو کیسٹ ٹیپ، ڈسک، بڑے حروف اور دیگر زبانوں

میں بھی فراہم کیا جاسکتا ہے

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