

## MEMBER'S WEBSITE ENTRY FORM

Areas covered    Huntingdonshire

Organisation    Hunts Mind

Address            The Limes  
                         24 New Street  
                         St Neots  
                         Cambs  
                         PE19 1AJ

Tel                    01480 470480

Primary email    enquiries@huntsmind.org.uk

Website            www.huntsmind.org.uk

### Description of Services

Hunts Mind is the leading voluntary organisation in Huntingdonshire tackling the problems caused to individuals by mental ill-health and challenging the stigma they suffer as a result.

We are a service user-led organisation and develop support services such as special interest groups for some of the most marginalised people in our communities. Hunts Mind helps people suffering from mental distress to transform their lives by providing a mix of counselling, practical support and opportunities to socialise with other people. We offer people with mental health difficulties a safe place where they can begin to explore ways of coping and plan for their future.

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Our role in the community and what we currently provide includes:

- Day services
- Rural Development Project
- Volunteering Project
- Community based mental health promotion and healthy lifestyles coaching – Well Life Project
- Intensive 1:1 Home and Community Support
- Individual Counselling
- Peer support groups
- Bridging the Gap – Personality Disorder Support Group
- Community based Computerised Cognitive Behaviour Therapy – Changing Lives Project.

Contact                      Sara Isaacs or Janette Hayden