

What we do

Second Thoughts East Yorkshire is a charity registered in England.

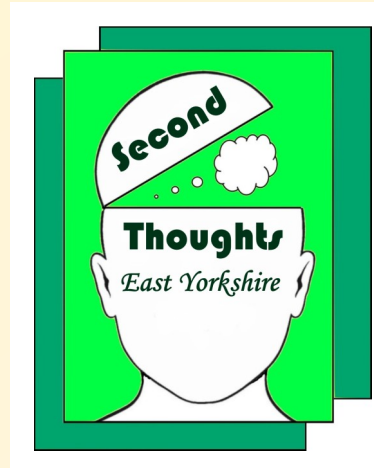
Our object is to support people with mental health problems and their carers in East Yorkshire and surrounding areas including Hull and York.

One person in four will experience a mental health problem at some stage of their life. This can be anxiety, depression, bipolar disorder, various other psychotic problems or experiencing trauma.

We offer both individual and group support for people.

We also support family carers, as they are often not even recognised, let alone supported.

We support employers too, so helping employees to retain their jobs and manage their mental health problems without the additional worry of becoming unemployed.



Second Thoughts East Yorkshire

Based in Barmby Moor
Near Pocklington



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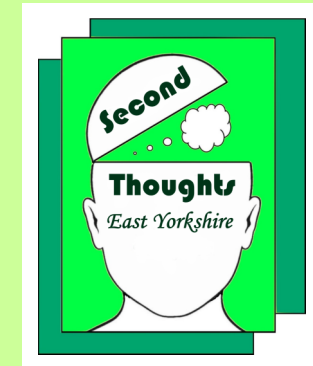
Charitable Incorporated Organisation
Registered in England no: 1162624



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Second Thoughts East Yorkshire (STEY)

**Supporting people with
mental health problems
and their carers across
East Yorkshire, Hull, York
and surrounding areas.**



Charity Registered in England no: 1162624

For people managing their mental health problems

One to One Support

Starting with an informal 1 to 1 meeting, we agree what kind of support you need and how best to provide that.

The first meeting could be on the phone, in person at your home or at a place near you such as a café or at a library or public building

If you prefer anonymity, that is no problem. We are also happy to communicate through emails, Facebook, Twitter, Yahoo Messenger or other methods.

If you are at work or prefer evening or weekend contact, we can also arrange that at your convenience.

Peer Group Support

We run peer groups of 4-6 people in local places. Then over 4 weeks, 3 hours per week, we cover 'confidence building', 'assertiveness', 'anxiety & management', 'appreciating your own skills' and 'improving effective communication skills'. We also help with CVs and job searching if wanted.

Ongoing Support

We can continue 1 to 1 support in person, on the phone, or via email etc.

You may wish to form a 'self help' or buddy group and we can help you to develop that too.

For carers (family or friends) of people with mental health problems

Caring for Carers

Being a carer can be one of the most difficult and isolating roles in the world. There is no pay, people do it because it is for their loved ones or friends, but they also need advice and support too.

One to One Support

As with the people who have mental health problems, we begin with an informal chat at a place of your choice, either your home or another venue.

For some people just talking about your concerns and getting things off your chest is enough, others may want more support or signposting to other services which offer help with benefits advice for example, or how best to access additional practical help for you or the person you are caring for.

Peer Group Support for Carers

Sometimes knowing you are not alone is really reassuring. To help with this, we organise small groups and deliver workshops on 'mental health awareness', 'stress management', 'looking after yourself', and 'effective communication'.

Ongoing Support

In the same way as we support the people who have the mental health problems, we will continue to offer 1 to 1 support using the method of your choice.

NB - we fully respect confidentiality

For employers and employees with mental health problems

Support for Employers

When people suffer from mental health problems they may feel too embarrassed to disclose them. This actually exacerbates the problems and often debilitating depression sets in.

If support is given early, it is usually manageable and problems such as long term sick leave or personality clashes can be avoided and managed.

How To Spot the Signs

We can support employers through providing mental health awareness, anxiety management techniques and using our simple proformas during supervisions or management meetings to identify problems before they become too deeply entrenched.

The Benefits

The cost of recruitment, induction, training and customisation with your firm or agency's methods can be huge. We can help to reduce that through effective early intervention.

Cost

In year one there is no charge to employers as our service is supporting employees. We do gratefully accept corporate donations however. Lengthy continuing support may incur modest costs to cover expenses.