

Healthy Minds



Support Time and Recovery Workers

Support, time and recovery workers

The support, time and recovery (STR) workers, as part of Buckinghamshire Healthy Minds, provide brief support and advice for anyone experiencing anxiety, depression or stress. We will work with you on goals that we have agreed together, with regular reviews of your progress.

STR workers have access to a large number of organisations, key contacts, advice agencies and community projects that can support you.

We can help you in the following ways:

Social – we have access to information about a wide range of local social and leisure activities and we can support you to build your confidence in using these.

Educational – we can help you to access education and training opportunities, for example Learn Direct and local colleges.

Employment – we can put you in touch with specialist supported employment services to help you to find paid or voluntary work.

Financial and housing – we can link you to services that can help, for example local councils, the Citizens Advice Bureau, housing associations, Welfare Benefits Agencies and telephone helplines. We can also assist with any paperwork such as claims forms.

Practical – we can work with you and other staff in the Healthy Minds service to plan realistic goals, support you with returning to your everyday activities and to build your confidence in new activities.



About us

We aim to build a trusting, cooperative relationship with you and we can see you where you feel most comfortable. For example, this could be your home, in a café, or in a community base like your GP practice.

You can contact Healthy Minds through:

- self referral to Healthy Minds – just call us on **01865 901 600**
- your general practitioner (GP)
- any health or social care professionals
- any mental health voluntary organisation
- Job Centre Plus
- your employer
- any education or training organisation.

See contact details for Healthy Minds on the back of this leaflet.



More information

Healthy Minds is a service for any person experiencing anxiety, depression or stress and who is registered with an NHS Buckinghamshire GP. Please contact us at:

Healthy Minds
Buckinghamshire Primary Care Wellbeing Service
Floor 2, Prospect House
Crendon Street
High Wycombe
HP13 6LA

Call: **01865 901 600**

Email: healthy.minds@oxfordhealth.nhs.uk

Website: www.healthymindsbucks.nhs.uk

Text: TALK and your name to **07798 667169** and we will call

*The cost of a call from a BT landline will be no more than the cost of a local BT landline call, however calls from mobiles or other providers may be charged at a different rate.

Alternative language or format

If you require this guide in a different language or format or larger type size, please contact us and we will do our best to help.

Call: **01865 782196**

Email: enquiries@oxfordhealth.nhs.uk

Patient Advice and Liaison Service (PALS)
Whiteleaf Centre, Bierton Road, Aylesbury, Buckinghamshire HP20
1HU

Freephone: **0800 328 7971**

Email: pals@oxfordhealth.nhs.uk