

Who is Mind in Basildon?

Basildon Mind is a registered charity, championing those with mental health problems. We have been in the local area covering Basildon, Billericay, and Wickford for over 50 years. We offer support, advice, and services to enable and empower those experiencing mental health problems to regain control of their life, live independently and confidently.



Counselling



Allotment



Helpline



Forensic
Advocacy



Housing



Facilitated Hospital
meetings



Wellbeing



Partnerships

We're here for you

Whether you are stressed, feeling depressed or in crisis mode, we'll listen, give you support and advice, in a confidential space.

A Brief Guide to our Services

Over 40 years of service has given us extensive knowledge and insight into how we can support our local community. We provide the following services: -

Counselling

Counselling is a shared process between client and counsellor and aims to help the client understand themselves and their life situation more clearly. We provide confidential counselling services for both adults and children. Phone us on **01268 284130** or email us at info@basmind.org.

All counsellors have undertaken rigorous professional training and adhere to the professional Code of Ethics and Practice of British Association for Counselling and Psychotherapy (BACP).

Helpline

Our Helpline is available between 10am-8pm Mon-Thu, 10am-4pm Friday and 10-2pm on Saturday. If you are in distress, please ring us and you will be offered either support through us or signposted to other relevant services. Phone us on **01268 284130** or email us at info@basmind.org.

Supported Housing

Our Housing project enables those with long-term enduring mental health issues, to live and thrive in the community, with the aim of eventually moving into mainstream housing. Phone us on **01268 289700** or email us at jill@basmind.org.

Wellbeing

Social isolation can impact negatively on mental health. We run 'Walking and Talking' groups for people to walk locally and talk with others who have similar life experiences. Our groups are based on the principles of the 5 Ways of Wellbeing: **Connect, Be Active, Learn, Take Notice** and **Give**. Contact shop@basmind.org.

Allotment

Gardening and being in the fresh air can promote both physical and mental wellbeing. Our well-established allotment, run entirely by volunteers, supports people with experience of a mental health problem to make healthy lifestyle changes, and encourages community engagement. If you enjoy gardening, or just being in the fresh air, please get in touch. Phone us on **01268 289700** or email us at jill@basmind.org.

Advocacy

We provide advocacy for forensic ward patients at Brockfield House Hospital.

Facilitated Hospital Meetings

We visit 2 wards in Basildon Hospital's Mental Health Unit and 2 wards in Rochford Hospital. These regular visits ensure that any concerns patients have are understood. (*Hospital visiting is currently not taking place.*)

Charity shop

Located in the heart of Basildon, all monies raised benefit Basildon Borough residents who experience emotional and mental health problems. Volunteer in our shop and you could meet new people, develop new skills and experience to help you find work. We provide training & offer a discount on donated items. Phone us on **01268 289700** or email us at shop@basmind.org. *Why not join our friendly team?*

Working in Partnership

We work in partnership to deliver services across wider geographical areas, including the **South Essex Crisis Sanctuary**, serving Basildon, Brentwood and Thurrock. We are part of the wider Essex Wellbeing Service and **Positive Pathways** for Adults working within the Integrated Mental Health Primary Care Service in Basildon & Brentwood. We also help operate a local **Crisis Sanctuary Plus House** and **Mental Health Recovery Program**.

Funding and Donations

Although affiliated to National Mind, Basildon Mind is a registered charity responsible for funding its services. We rely on donations, fundraising and grants to provide and expand the services needed by people with mental health issues in our area. If you wish to donate or organise a fundraising event, please get in touch.



How to Get in Touch

Helpline & Counselling Tel. (01268) 284130
Charity Shop & Office Tel. (01268) 289700
Email info@basmind.org

Address: 37 East Walk, Basildon, Essex, SS14 1HA

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