



Primary Care Network Service

About the service

Our Primary Care Network is here to provide advice, information, onward referral and holistic support to people who are experiencing mental ill health, or need support with their mental wellbeing.

This service is available to those aged 16 and above, offering between 6-10 sessions.

We will work alongside you to develop a tailored package of support that meets your needs, working with you to find the solutions that are right for you.

Our high quality service is flexible and will help you to resolve real-life difficulties and to improve your own independence, quality of life and wellbeing.

“The understanding and feedback when helping me to identify my frustrations and emotions has been so positive... honestly, it's been so hard for so long. These sessions and this service have really helped me so much”

How can we help?

The areas of support will be built around your needs, to help you with the goals that are most important to you.

We can provide:

- Emotional and practical support
- Help to improve your health and wellbeing
- Housing related support and advice, including homelessness
- Support with benefit applications
- Support to attend appointments with other services and community resources
- Signposting and onward referral to other services and community resources
- Help to reduce episodes of crisis
- Building life skills, confidence and self-esteem
- Support to build social networks and reduce isolation
- Family issues such as Child Protection or Child in Need concerns
- Drug and alcohol support

Our service is available in the following areas:

- **Watford**
- **Three Rivers**
- **Hertsmere**
- **Dacorum**

We can also help you to access other services, groups and activities that Hertfordshire Mind Network offers.

We can provide short-term advice, information and support. To access the service, you need to be presenting with a mental health need.

Referrals can be made through self-referrals or through other professionals, but being attached to a local GP Surgery is essential.

About us

We want every person in Hertfordshire to feel supported with their mental health.

We provide support, opportunities, advocacy and resources, while also amplifying the voices of those with lived experiences of mental ill health.

www.hertfordshiremind.org

 **Mind** Hertfordshire Network

Get in touch

To find out more about the service, or to talk to us about the support that we can provide, please contact us on:

T: 020 3727 3600

E: pcn@hertfordshiremind.org

Or scan the QR code!

