



**How People in Staffordshire Keep Well
after Discharge from Mental Health Services**

March 2026

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Executive Summary

Healthwatch Staffordshire is exploring how NHS services in Staffordshire support adults' mental health during care and after discharge, and how people stay well once they have left services. The project links to local mental health policies and the Five Ways to Wellbeing.

Adults aged eighteen or over living in Staffordshire (excluding Stoke-on-Trent) who had been discharged from an adult mental health service in the last two years were invited to complete our survey. The survey asked which services they had used (for example GPs, talking therapies, community mental health teams, crisis teams and inpatient services), how they had kept well after discharge, what had helped them most, and whether they had any problems getting further support. We also collected basic demographic information to help us understand whose experiences we were hearing.

In addition to the survey, we conducted focus groups, visited community and peer-support groups, and spoke with NHS staff. This report brings together all that feedback. It presents the survey findings, summarises what we heard in group discussions and interviews, identifies common themes, and provides recommendations for the NHS Trusts and Commissioners.

Many people told Healthwatch Staffordshire that, after being discharged from adult mental health services, they did not always receive enough guidance on how to stay well or how to get further support if they needed it. *Mental Health: Staying Well After Discharge* survey and follow-up discussions looked at people's experiences of post-discharge support and how they manage their wellbeing.

Participants reported using a range of services, including GPs, talking therapies, community mental health teams, crisis teams, inpatient units and social prescribing. They described many ways of keeping well, such as attending community groups, counselling, support from family and friends, healthy lifestyles, self-help apps, peer support and volunteering. However, they also highlighted important gaps in support.

Key points from what people told us

People are sometimes bounced between their GP and mental health teams, with no clear responsibility for follow-up care.

There can be delays in hearing from mental health teams, and staff report high caseloads, making it difficult to keep in regular contact.

Discharge can feel sudden, with some people not receiving clear information about what to do if they become unwell again or how to access further NHS support.

Many people do not fully understand the mental health pathway – who they can talk to, which services are available, and how to reach them.

Lower-level services such as talking therapies can help, but a standard short course (for example six sessions of CBT) is often not enough, especially for people with longer-term or complex needs.

Peer-led and community groups (such as men's groups and other lived-experience networks) are highly valued, and some people feel they get more practical and emotional support there, than from formal services.

Social Prescribing appears to be greatly valued in helping to connect people to support.

Some people have been on mental health medication for years without a review, raising concerns about ongoing monitoring.

In rural areas, limited transport and limited visits from Community Psychiatric Nurses make it harder for people to access support.

Many described higher levels of anxiety since COVID-19, adding to the pressure on individuals and services. Cost of living pressures are increasingly reported.

Overall, respondents expressed a need for post-discharge mental health support that is clear, joined up and ongoing. Priorities include better information, stronger collaboration between GPs and mental health teams, regular medication reviews, and recognition of the vital role of community and peer-support groups.

Healthwatch Staffordshire will share these findings with the NHS Trusts and Commissioners to inform future improvements in post-discharge support.

Introduction

“It is no secret that the number of people struggling with their mental health is rising fast. Most of us either live with a mental health problem or know someone who does. And the data backs this up – common mental health problems, like anxiety and depression are increasing. It is clear that mental health no longer exists in the dark, with more people than ever speaking openly about their mental health – in families, workplaces, communities and even on the biggest public stages.

Good mental health is not a “nice to have” – it is the foundation for a healthy, thriving society. It keeps people in work, builds strong communities, and supports good physical health.”

The Big Mental Health Report (October 2025) – Mind supported by the Centre for Mental Health.

Good mental health is one of the priorities of Staffordshire’s Health and Wellbeing Strategy with the ambition to “**build strong and resilient communities and individuals who are in control of their own physical and mental well-being**”. How residents of Staffordshire are looking after their mental wellbeing was flagged to Healthwatch as an area for further enquiry by both the public and our commissioners.

In recent years significant investment has been made in community mental health services through the Mental Health Transformation Funds. This has seen an enhancement of community mental health teams, mental health nurses working in some GP surgeries, a substantial expansion of talking therapies and partnering with several voluntary and community-based organisations.

As people move through individualised recovery pathways the aim is to be discharged from formal mental health services. This report looks at what people are doing to keep well after being discharged from mental health services between April 2023 and December 2025. This timescale was chosen to coincide with most new investments in mental health services being in place.

Policy Background

We have used three key documents to underpin this piece of work as outlined in this section.

“Good Mental Health in Staffordshire 2023 – 2028”

This is co-produced by Staffordshire County Council, Staffordshire and Stoke-on-Trent Integrated Care Board, other partners, the public, mental health professionals along with people who use these services and their carers.

It reminds us that mental health problems affect many people.

- One in four people experience mental health problems in their lifetime.
- At any one time one person in six is experiencing a mental health problem.
- Around 20% of working age adults have mental health problems.
- Mental health problems represent the largest single cause of disability in the UK with the estimated cost to the economy at £119 billion a year.

One of the outcomes this strategy is aiming to achieve is that **“Everyone can look after their mental-wellbeing and find support in their communities when they need it.”**

This will include:

- *Raising awareness of measures that everyone can take to improve and maintain their mental well-being, including the promotion of the Five Ways to Wellbeing (and other approaches with robust evidence).*
- *More social interaction and initiatives that tackle loneliness and isolation.*
- *More physical activity linked to Better Health Staffordshire whole system approach.*
- *Creating neighbourhoods, workplaces and schools that are more conducive to good mental health.*
- *A stronger focus on encouraging and supporting communities to support each other and themselves.*
- *Ensuring people understand where to go for support with mental health problems and can self-refer to services at the earliest opportunity.*

- *Increasing access to mental health support in schools.*
- *Improving access to psychological therapies.*
- *Strengthening mental health literacy across the population to increase resilience and skills in self-management of mental health problems.*

The Five Ways to Wellbeing

These are evidence-based actions developed by the [New Economics Foundation](#). It suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

Do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people.

2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood.

Do not feel you have to spend hours in a gym. It is best to find activities you enjoy and make them a part of your life.

3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others
- or learning to paint

Do not feel you have to learn new qualifications or sit exams if this does not interest you. It is best to find activities you enjoy and make them a part of your life.

4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

The Big Mental Health Report 2025

This was published by MIND in October 2025 and supported by the Centre for Mental Health bringing together the latest evidence on the current state of mental health and mental health services in England and Wales, alongside insights from people with lived experience of mental health difficulties to show us how people are doing, how services are working, and what still needs to change.

Over four chapters, the report explores the current state of mental health in England and Wales; what is driving poor mental health; experiences of support; and mental health stigma and discrimination.

Key findings include:

- One in five adults (20.2%) in England are living with a common mental health problem – with rates higher in women (24.2%) than men (15.4%)
- Those aged 16–24 are particularly affected, with prevalence rates rising from 17.5% in 2007 to 25.8% in 2023–24
- Over one in three reported a deterioration in their mental health while waiting for an appointment with their GP or a voluntary/third sector organisation
- Understanding of mental health is slipping. In 2024, knowledge scores fell below 2009 levels for the first time.

It also highlights the inequalities around mental health:

- In England, adults in the most deprived areas have higher rates of mental health problems (26.2%) than those in the least deprived areas (16.0%)
- People in problem debt were more than twice as likely to experience a mental health problem (39.0%) than those without (18.4%)
- Children from the least well-off 20% of households are 4 times more likely to experience serious mental health difficulties by age of eleven, compared to those growing up in the wealthiest homes.

It explores the reasons for rising prevalence in mental health problems including the impact of cuts to services, rising levels of wealth inequality and child poverty.

The report paints a picture of rising levels of mental distress and mental health services that are struggling to meet people's needs and calls for urgent action from the English and Welsh Governments:

- Improved timely access to quality mental health support.

- Urgent action to improve young people’s mental health and stop them reaching crisis.
- Targeted intervention to tackle mental health stigma and discrimination.
- Address the social factors which contribute to poor mental health.

Our Focus

As an organisation whose primary function is to listen to the public, we looked at what people were telling us on our enquiry line where there was a theme emerging around how discharges from mental health services were managed. We had several examples where people told us they were unclear about where the role of the mental health services ended and primary care took over. Also, they told us about their efforts and on occasion struggles to find support in their local communities going forward.

We picked up similar perspectives from talking to some of the Social Prescribers working in Staffordshire as well as the Voluntary Sector Mental Health Forum, and eight VCSE Locality Forums run by Support Staffordshire across the county. We included colleagues in Public Health at Staffordshire County Council in our discussions.

We held discussions with staff working in the two NHS provider Trusts namely Midlands Partnership Foundation Trust in the south of the county and Combined Healthcare Foundation Trust in the north. Both organisations are working in a more inclusive way offering opportunities for people with mental health needs to be involved in co-production of service improvement and redesign. We attended the Staffordshire annual talking therapies conference to hear about the latest developments in Staffordshire and Stoke. The Trusts also run Recovery Colleges with a range of wellbeing educational resources.

We also talked to Keele University Medical School who are developing a research proposal to look at the discharge of mental health patients back to the care back to Primary Care.

From all these conversations emerged the theme that post discharge support needs exploring further.

Our Methodology

To shape our enquiries, we initially devised a survey questionnaire which we shared with a group of people who have used formal mental health services recently and have found lower-level support in their communities. Their feedback helped sharpen our focus and to keep the survey to ten questions.

Using Staffordshire's voluntary sector communications networks along with social media the survey was promoted widely from August to December 2025. The survey was available both on-line and on request in hard copy.

We also offered to engage with community-based groups to either share our survey with their members - or to facilitate one of our engagement officers meeting with their members - to talk to us about their efforts to keep well after discharge from mental health services. We were able to support this with the offer of a donation from our Engagement Funds. We aimed to gain a spread of views across both the urban and rural areas of the county. A full list of the organisations we engaged with is included in Appendix 1 at the end of the report.

Our Engagement Officers spoke at the autumn round of voluntary sector Locality Forums run by Support Staffordshire as well as three Healthy Communities Alliance Meetings and the Countywide Mental Health Forum. Feedback was also received from some social prescribers and some community based mental health staff.

Some individuals contacted us to talk about their personal experiences in more depth.

Feedback From the Public

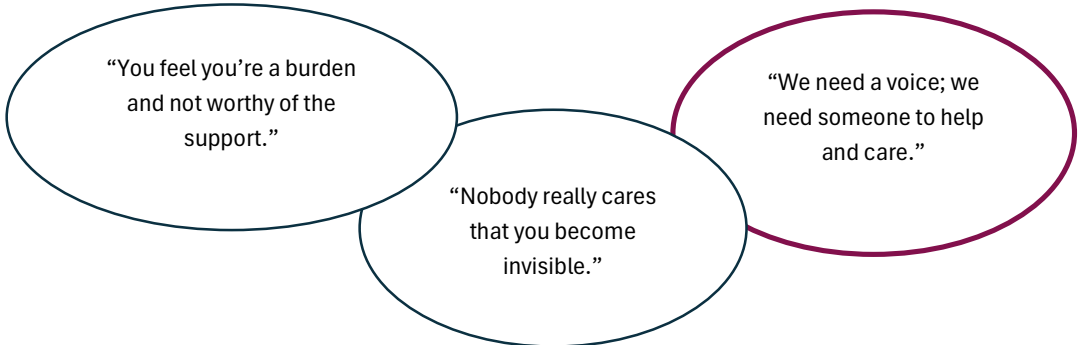
The feedback consists of the results recorded from the online survey as well as the verbal feedback received at the numerous engagement events we attended.

Survey Results

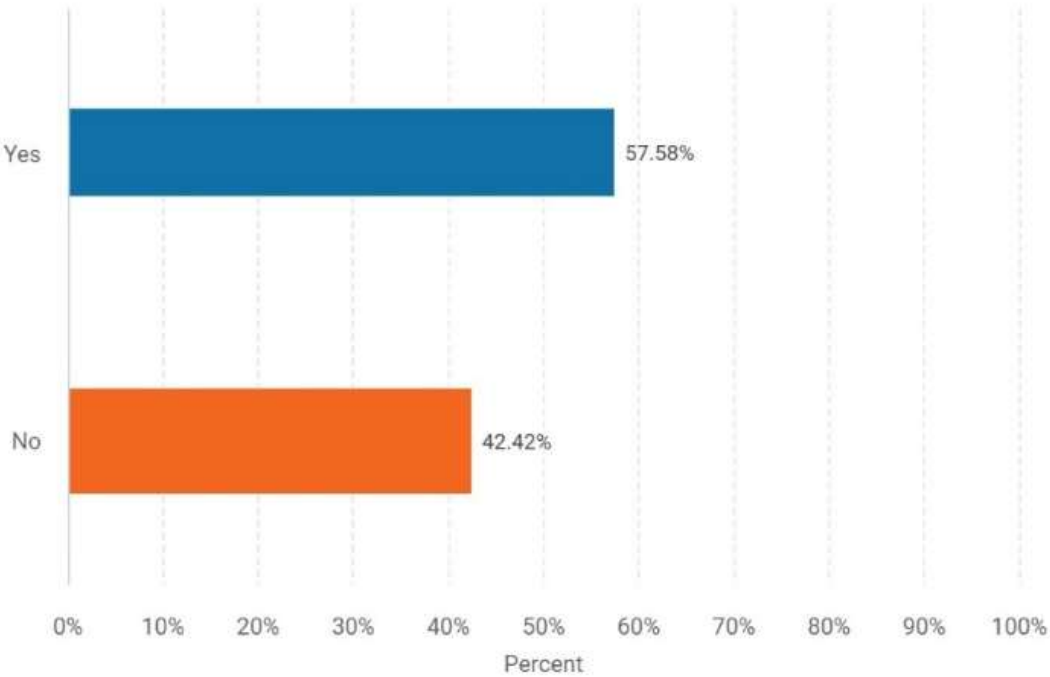
You can view a printable copy of the full survey [here](#).

Our initial intention was to only speak to people who had been discharged from adult mental health services in the last two years.

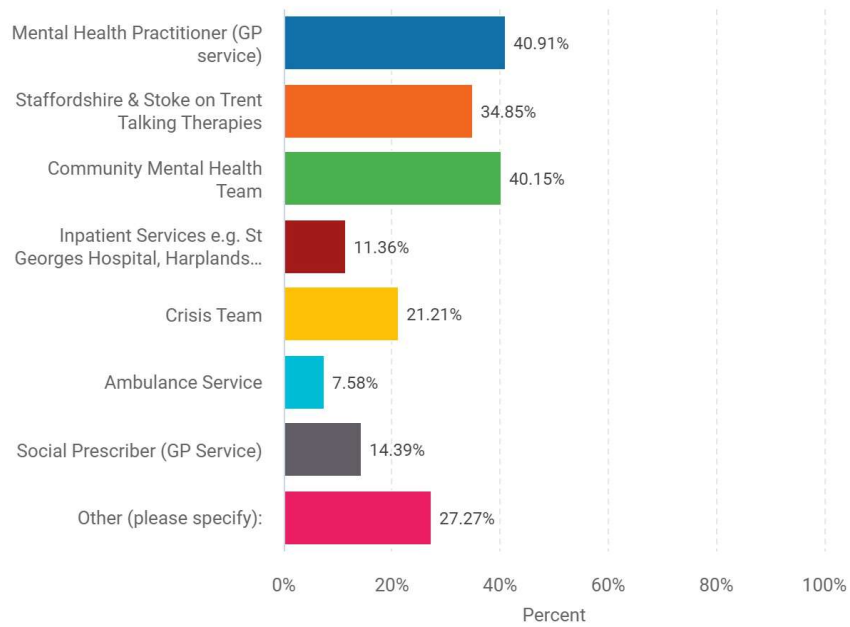
However, once we started engaging, we found that almost half of people wanted to talk more widely about their individual experiences of living with mental health issues, some were still receiving care, some were discharged over two years ago, and some had never engaged with services.



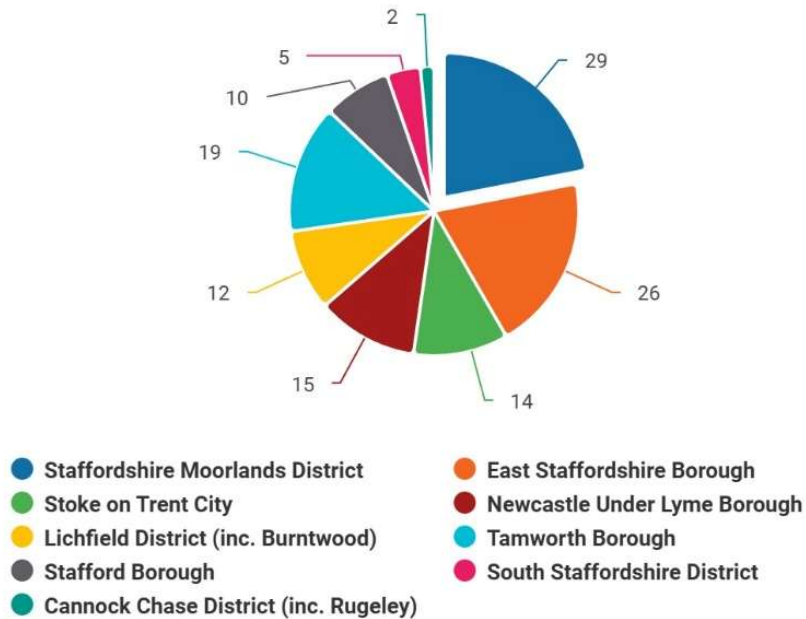
Question 1 - Have you been discharged from an adult mental health service in the last 2 years?



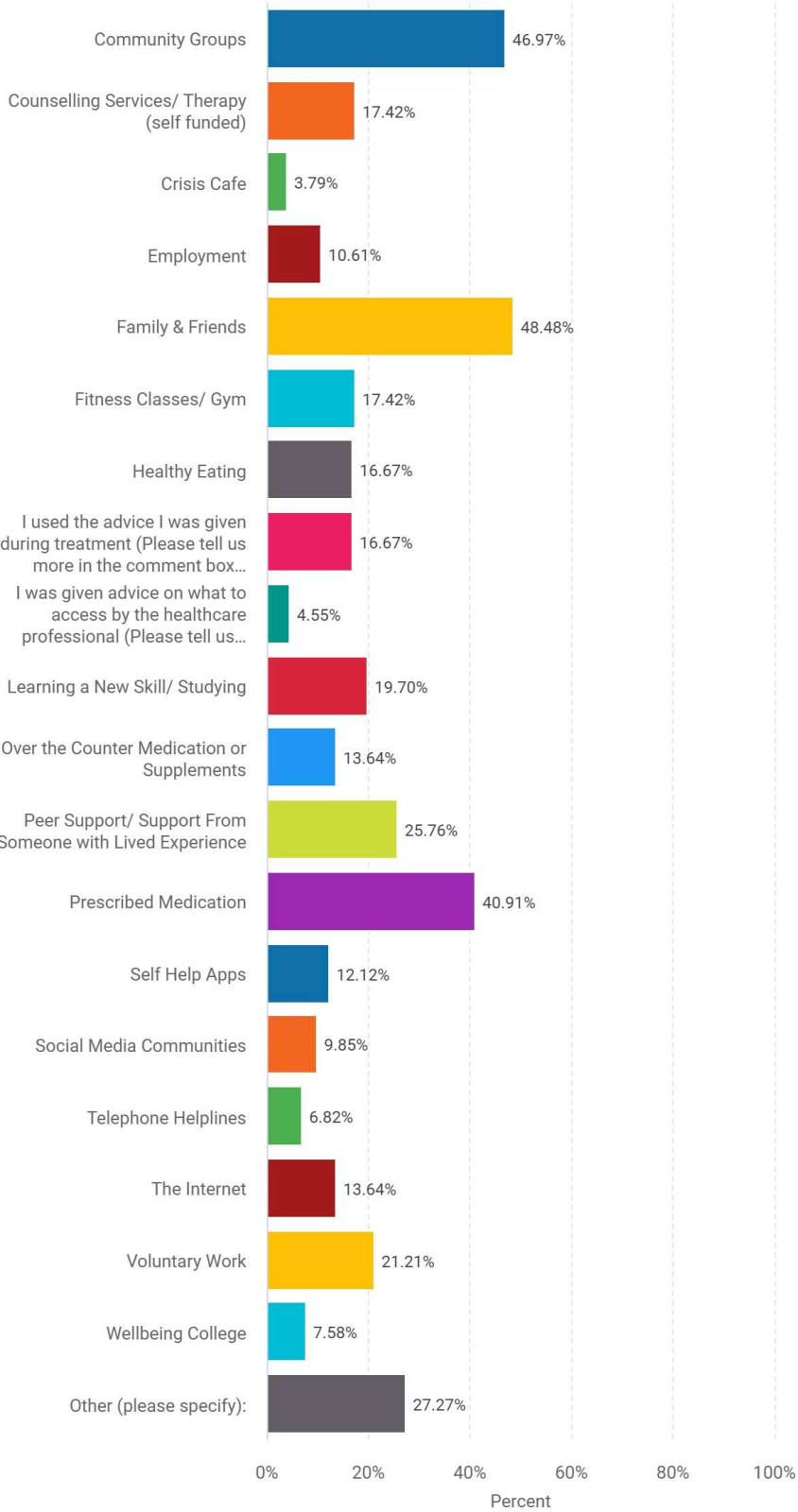
Question 2 - Which services have you been involved with?



Question 3 - Which area do you live?



Question 4 - Since you were discharged, how have you kept well?

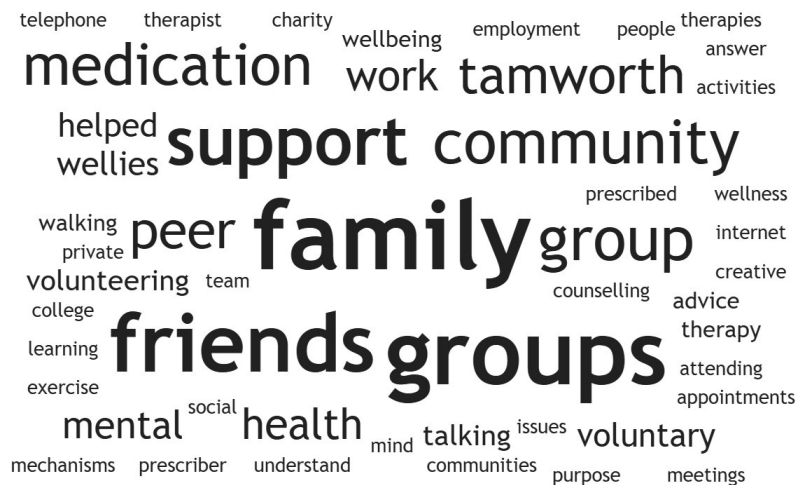


The graph above shows that the 'top 5' ways to keep well were:

1. Family & Friends
2. Community Groups
3. Prescribed Medication
4. Peer Support
5. Voluntary Work

Question 5 - Which of the above has helped you the most to keep yourself well?

This was an open question about the best method to keep well, and the answers are more spread out.



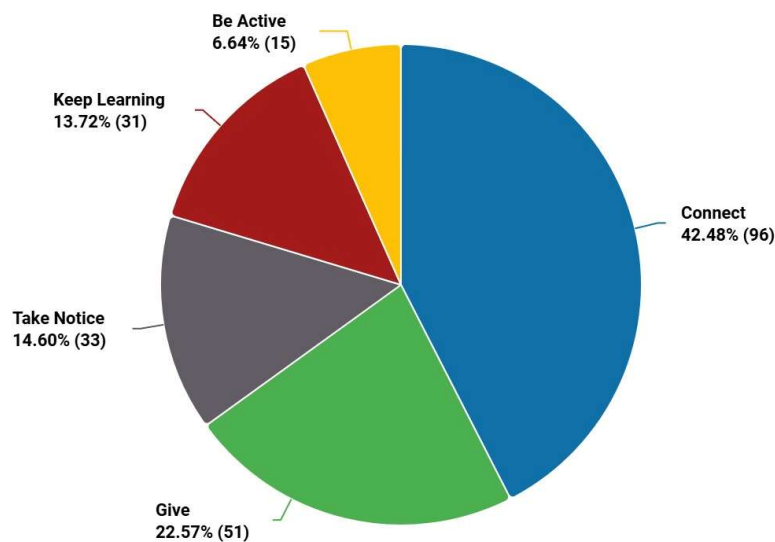
The 'top 5' this time are:

1. **Peer Support** – services mentioned included Changes (in Tamworth and Stoke); Wellies; the Wellbeing College; MIND; Expert Citizens and 'Too Young to Pause'. Social media communities can also be a source of help. A common theme was that others with lived experience are less judgemental and offer more understanding and respect.
2. = **Community Groups** – specific services cited were As One CIC; Up Creative and the Tamworth Crisis Café; Elim Church; Choir and the Burton and Caribbean Association.
- = **Family & Friends (joint second)**

3. **Therapy/Counselling** – this included NHS Talking Therapy; privately funded therapy; DBT (Dialectical Behaviour Therapy); EMDR (Eye Movement Desensitisation and Reprocessing) and CBT (Cognitive Behavioural Therapy).

4. Voluntary Work

When categorised according to the Five Ways to Wellbeing, '**Connect**' is the main way people keep well, whether this is through peer support, community groups, family, friends, pets, counsellors or other mental health professionals such as mental health practitioners, support workers (Future Focus, YMCA and STARS are mentioned), social prescribers, GPs, family practitioners or telephone helplines.



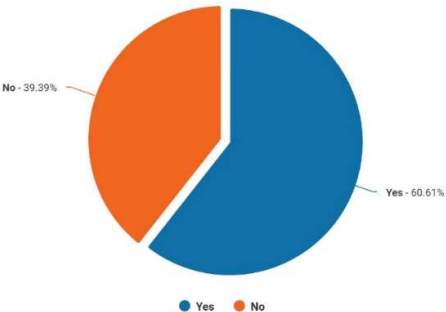
'**Give**' is the second most popular and this can be through volunteering, employment, looking after pets or by helping others at peer support groups.

'**Take Notice**' included spending time in Nature, mindfulness, yoga and participating in creative/spiritual activities alone or in groups. Volunteering and employment can also help. Having a focus and a positive outlook was also included here. Places to be in Nature included the Wellness Garden and a Forest School.

'Keep Learning' can include study, reflection during therapy, research on the internet, mood management apps or learning a new skill such as arts and craft or singing.

'Be Active' covers walking (including dog-walking), swimming, cycling, yoga, gym and exercise classes as well as simply 'getting out of the house'.

Question 6 - Were you given advice on how to access further NHS support if you were to need it?



Question 7 - Have you felt in crisis since you were discharged?



Q8 - Have you had any problems getting the support you need?



Question 9 - What other support or services do you think would be helpful to you?

This answer sums up a lot of the points made:

"People need to be able to access therapy, be able to get a diagnosis and have access to treatment as well as regular appointments to actually be able to help manage their illness.

It needs to be consistent, not everyone has a support system outside of the NHS. For those like me who have no one they can speak to or rely on for support or guidance, having that regular check in would do so many the world of good and would help prevent relapses and inpatient stays."

Some people were happy with their support techniques/network and wanted more of the same, others had nothing extra to add. For those who wanted improvements these included:

Therapy and Counselling

- Shorter waiting lists for therapy to stop issues escalating to crisis
- Different therapy modalities, tailored to patient needs including trauma/complex conditions and neurodivergence
- More therapy sessions over a more flexible/extended period
- Professionals better educated on specialist conditions like eating disorders
- Treat the whole person
- Face to face options

"I was lucky to receive a longer-term psychotherapy programme, but I had to wait a year for this. Support needs to be more accessible and when it is needed, interventions need to be timely."

"Before Covid I had regular CBT sessions at the hospital & after Covid I was just referred to a local support worker. She is good but it's more of just a catch up than a speciality appointment."

"I think that the NHS services need to move away from CBT based trauma interventions and reinvest in other models of therapy like integrative psychotherapy, internal family systems etc. The CBT based model is a short-term solution and doesn't offer long term healing from trauma."

"All professionals have agreed that the standard therapy block will not be enough for me, but regardless I will get discharged and have to wait 4 months before I can self-refer and be assessed to go on the wait list again."

"Personally believe there should be a service from 18-25 so for young adults and those adults that have just been chucked in the deep end from CAHMS."

"Look at me as a whole. I don't want to be this way, but I am lost. I am dyslexic, so I can't follow the questionnaires that the recovery services give to me. I struggle especially when I am drinking. I have no home, no family and no hope. I have had assistance to complete this form at the Burton Caribbean event"

Follow-up and Ongoing Support after Discharge

- Continued low-level support/check-ins after discharge
- More peer support groups at more venues, more frequently
- Help with travel costs to attend groups
- Specialist peer support groups e.g. LGBTQIA+, bipolar women, autism/ADHD
- Sessions should be timed so they fit around those who are able to work.
- Sessions covering specific conditions and topics would be useful.
- Open access/drop-in sessions/centre, maybe at a GP practice.
- A place to go to for information and advice to help you.
- More (free) opportunities for social interaction.
- Online support.

"24-hour telephone helplines"

"A check in one year after discharge with a mental health nurse. Reassess needs instead of hanging people out to dry with no support after 4 years of continual support."

"Drop in Cafes that don't feel overwhelming"

"Peer support group has helped me most in this stage of my life and has been invaluable. Without this I'm certain I'd still be ill, and floundering."

"I use community groups as I can share my thoughts with people and they feel the same so understand how I'm feeling and we can support each other with advice without feeling judged"

"Advice on use of mental health support apps what to look for and what to avoid"

"Need a space to feel safe heard and respected together so we don't feel so segregated by the world"

GP and Community Service Improvements

- Less reliance on medication
- Less judgement and stigma from professionals
- More joined up services and not being passed around
- More support with exercise and weight loss
- Better education for professionals, especially around empathy/tact
- Better understanding of barriers to accessing services – addiction, sight loss, culture
- Listen to and hear patients, especially regarding readiness for discharge.

"Mindfulness more widely accepted & not just medication"

"Some culturally relevant support"

"Better connection between referral agencies, GPs and mental health team"

"Needs the stigma removing and flags on systems regarding addiction, as that is a barrier that all professionals see."

"Doing what they say they will do."

"Training on Medical Trauma as my issues arose from Chronic/Acute physical ill health."

"Outdoor basic exercise classes designed to improve mental health. "

"I think there should be more than just one community team for an area, they're stretched and underfunded."

"Autism wellbeing courses"

"Ensure medication is readily available."

Practical Support

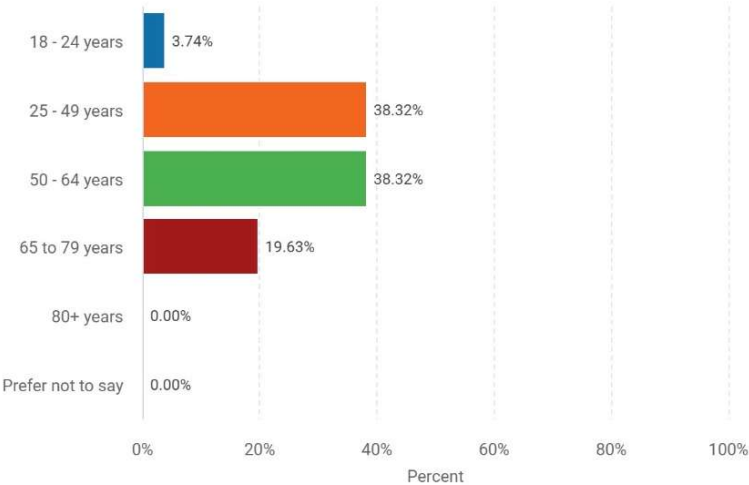
- Better availability/shorter waiting times for community support.
- Help into employment

"Someone who could have supported me to go home rather than have to live at friends."

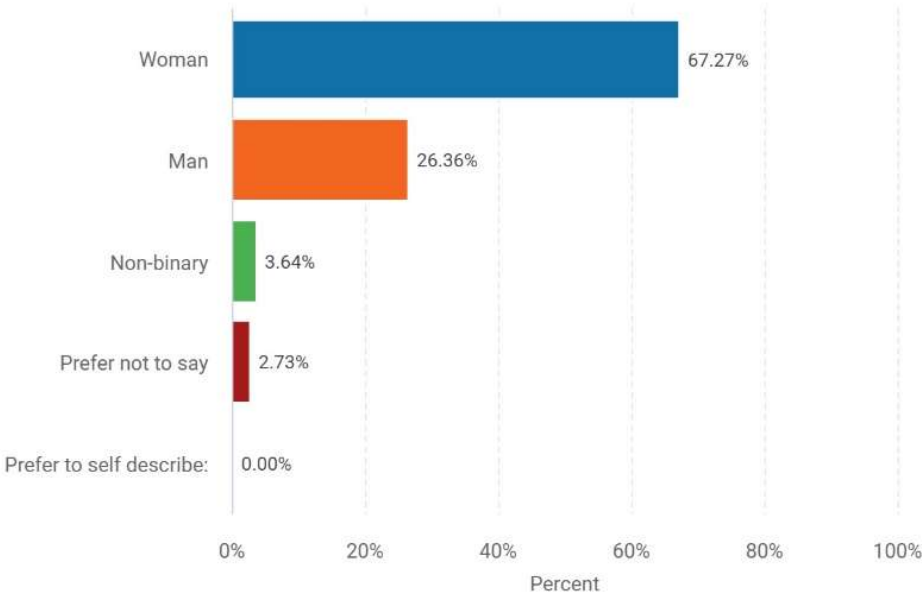
"I need rehousing but there is a very long wait for social housing"

"Told to lose weight to help with blood pressure, but the help isn't there if you don't meet the criteria."

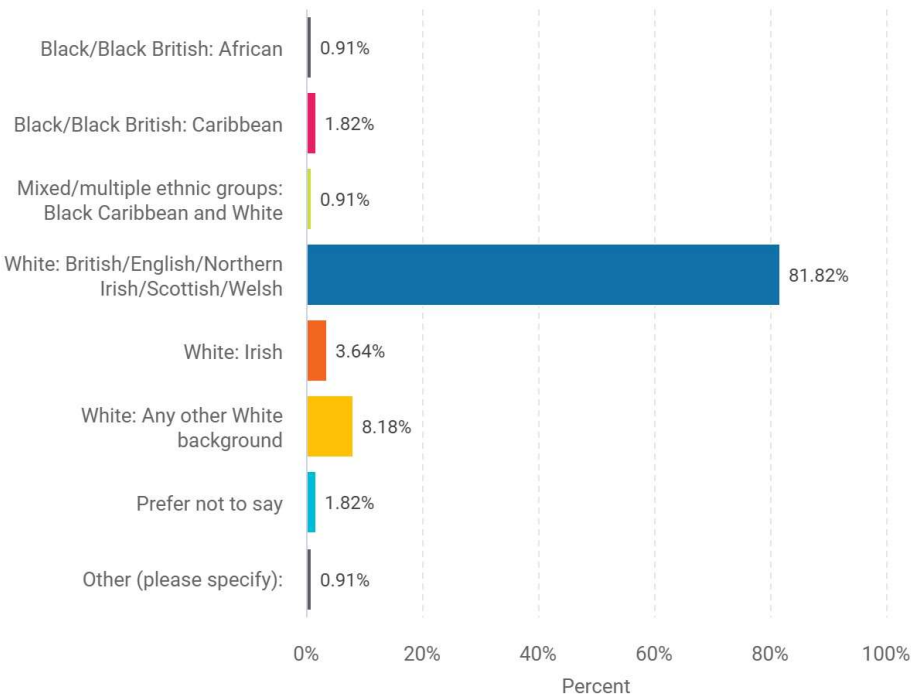
Question 10 – Please tell us your age



Q11 - Please tell us your gender



Q12 - Please select your ethnicity



Feedback from visits to Community Based Groups

In addition to the survey, our engagement officers visited over thirty-five community-based groups who support people with mental health needs. These represent a sample of what is available in the communities of Staffordshire. (The appendix lists the contact details of these organisations).

The people with whom we spoke gave us similar feedback to those people who answered the survey about their experiences of discharge from NHS mental health services. They were, however, able to elaborate on the benefits they had found from support in their communities once they found it.

We have again structured the feedback around the themes of the “Five Ways to Wellbeing”.

1. Connect with people

All the groups offered the opportunity to connect with other people for a variety of reasons. Over 36 [Places of Welcome](#) are available across the County offering a warm space, tea and a chat. [Andy's Man Club](#) offers men the chance to meet up and talk on a Monday evening. [Dads for Dads](#) and Harvey Girls in Burton (from [East Staffordshire Family Support Services](#)) and [Sparks](#) in Burntwood are examples offering support to families.

Some groups have a more specific focus like [Changes](#) in Newcastle and the Moorlands and [Changes Tamworth](#) who use structured approaches to mental health recovery. [Better Way Recovery](#) which started in Lichfield, offers peer led support to an increasing number of people who have addictions across Southeast Staffordshire with a sister organisation [Dilemma](#) supporting relatives of people with addictions across Staffordshire.

[Lifeworks](#) supports marginalised bright people 14+ in North Staffordshire, with Autism, ADHD, Dyspraxia, Tourette's Syndrome, mostly with mental ill health, and their carers to find a sustainable lifestyle.

[Burton Unity](#) is for “women, families and individuals from diverse backgrounds, including Black, Asian and refugee communities. We support people of all ages who are seeking connection, culturally comfortable spaces, and opportunities to improve their health and wellbeing.”

2. Be physically active

[Burton and District Mind](#) have developed a range of inclusive activities including Bat and Chat Cricket, Walking Football, Bowls and Martial Arts.

People also use paid for leisure service facilities such as gyms, swimming pools, exercise classes and yoga. Some join local walking groups.

3. Learn new skills

In Staffordshire there are two Wellbeing and Recovery Colleges which provide co-produced workshops for the public. The North (Stoke, Newcastle and the Moorlands) has the [North Staffordshire Wellbeing College](#) and the Wellbeing and Recovery College for the South (the rest of Staffordshire) is run by [MPFI](#).

Wellness Workshops – [Staffordshire Network for Mental Health](#), MIND (Burton and [North Staffs](#)) and both Changes.

[Wellies](#) provides “therapeutic learning activities with animals, plants, creativity and the countryside for people recovering from mental ill health”.

4. Give to others

Most of the groups that we attended are well supported by volunteers many of whom have shared their lived experiences to help others and to give something back. Many organisations and charities offer volunteering opportunities. Support Staffordshire provides a [volunteer brokerage service](#) helping people to find opportunities that suit their lifestyle and interests.

5. Pay attention to the present moment

Groups providing arts & crafts activities include [Borderland Voices](#) in Staffordshire Moorlands, Burton Elim Church free [Re-stART](#) art-based peer support group and [The Up Creative Hub](#) in Tamworth.

People also use groups that help them connect with nature. Examples are: [Muddy Boots](#) behind Burton MIND, [Belgrave Community Allotment and Garden](#) in Tamworth, [Sweetmore Meadow](#), [Donkey EARS](#) (Education and relaxation in Staffordshire) and [Kingswood Trust](#) – Outdoor Learning in Nature in South Staffordshire. Another is [John Hall Wellness Garden](#) in Leek.

Church groups include [Biddulph Methodist Church](#), [St John the Baptist with Sacred Heart](#) in Tamworth and [Rugeley Community Church](#).

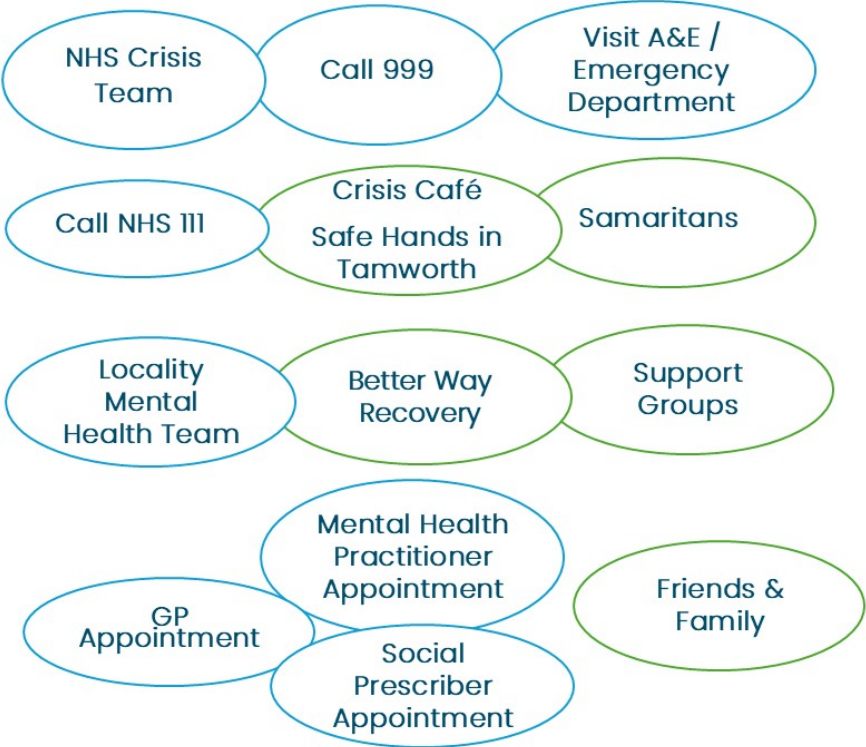
Practical Services in the Community

[YMCA Burton](#) provides an extension range of support with housing. [Community Together CIC](#) in Tamworth offers a wide range of services including a community café, hospital transport services, social prescribing and [Rainbow Connections](#) (peer-led support group for the LGBTQIA+ community). Other organisations providing social prescribing services to GP Practices are [Support Staffordshire](#) and [Burton Albion Community Trust](#). Social Prescribing is accessed through your GP.

Crisis Support

Some people told us they had experienced periods of “relapse” or “crisis” when they felt it necessary to look for urgent support. Often this was at evenings or weekends.

This diagram shows the places people told us they used when they felt in crisis. This depends on their individual circumstances, their frame of mind,



what services they know (or have previously used) and who they feel most comfortable with. Sometimes it proves easier to access some of the more informal services depending on the time of day.

Our Emerging Themes

- People are sometimes bounced between their GP and mental health teams, with no clear responsibility for follow-up care.
- There can be delays in hearing from mental health teams, and staff report high caseloads, making it difficult to keep in regular contact.
- Discharge can feel sudden, with some people not receiving clear information about what to do if they become unwell again or how to access further NHS support.
- Many people do not fully understand the mental health pathways for different needs – who they can talk to, which services are available, and how to reach them.
- Lower-level services such as talking therapies can help, but a standard short course (for example six sessions of CBT) is often not enough, especially for people with longer-term or complex needs.
- Peer-led and community groups (such as men's groups and other lived-experience networks) are highly valued, and some people feel they get more practical and emotional support there than from formal services.
- Social Prescribing appears to be greatly valued in helping to connect people to support.
- Some people have been on mental health medication for years without a review, raising concerns about ongoing monitoring.
- In rural areas, limited transport and limited visits from Community Psychiatric Nurses make it harder for people to access support.
- Many described higher levels of anxiety since COVID-19, adding to the pressure on individuals and services. Cost of living pressures are increasingly reported.

Next Steps

The report will be shared with:

- all the organisations who have contributed their feedback to us.
- The two NHS Trusts who provide mental health services in Staffordshire. These are Midlands Partnership University Foundation Trust (MPFT) in the South, and North Staffordshire Combined Healthcare (NSCH) in the North.
- The VCSE Healthy Communities Alliance Mental Health Forum.
- The Staffordshire 5 Ways to Wellbeing Co-Production Network organised by Staffordshire County Council.
- Staffordshire and Stoke-on-Trent Integrated Care Board.
- Staffordshire Health and Wellbeing Board.
- Staffordshire County Council Health and Care Overview and Scrutiny Committee.

Appendix 1 – List of organisations we spoke to

Not all these organisations provide mental health support – see the Target Demographic column to discover who the organisation aims to help.

County Wide

Group	Area	Target Demographic	Email
Project 93	Stoke-on-Trent & Staffordshire	Support & Advocacy for Trans, non-binary, and LGBTQ+ individuals	Ask@p93.org
Too young to pause	Staffordshire	Support for women under 45 experiencing early menopause	Tooyoungtopausestafford@hotmail.com
Staffordshire Network for Mental Health	Stoke-on-Trent & Staffordshire	Small local charity, dedicated to supporting local people and communities throughout Staffordshire with their mental health .	info@snfmh.org
Girlguiding Staffordshire	Staffordshire Wide	Staffordshire Girlguiding organisation – for girls and women.	county.office@girlguidingstaffordshire.org.uk

Dyslexia Association of Staffordshire	Staffordshire Wide	Supporting people with Dyslexia	das@dyslexiastaffordshire.co.uk
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The North of Staffordshire

Group	Area	Target Demographic	Email
Borderland Voices	Staffordshire Moorlands (Leek)	Supporting adults with mental health challenges through The Arts	andy@borderlandvoices.org.uk
Bumps'n'Babes	Loggerheads	Parent & baby group	Fionasfairies@gmail.com
Leek & District Foodbank	Leek & surrounding villages	Individuals and families in financial crisis	info@leekdistrict.foodbank.org.uk
Staffordshire Sight Loss Association	North Staffs	Services and support for people living with sight loss in North Staffordshire	hello@ssla.org.uk
As One CIC	Staffordshire Wide	A specialist social enrichment and wellbeing support organisation, helping individuals and families to	Info@asonecic.com

		break barriers associated with mental wellbeing and disabilities	
Outlook- Ostomy Support Group	North Staffs	Support group for people with Stoma	cm.hammond@ntlworld.com
Reaching CIC	North Staffs	Free short-medium term support to vulnerable adults (16+) who are struggling with the impact of physical health and mental illness	Help@Reaching.org.uk
Circle of friends	Newcastle Under Lyme	Circle of Friends is a community group, based in Newcastle-Under-Lyme, aimed at bringing people together to improve their mental health , boost social connections and share positivity. They provide a social lifeline to many different people and rely solely on volunteers.	circleoffriendsnul@gmail.com
Changes Leek	Leek & surrounding villages	User-led mental health charity providing a unique recovery and wellbeing service to those in mental distress.	stoke@changes.org.uk

Wellies - Leek	Leek & surrounding villages	Supporting adults (19+) recovering from mental ill health through outdoor activities, arts and crafts	julie@growingruralenterprise.co.uk
MHA Communities North Staffs	North Staffs	Social groups and support for older people	Liz.Daley@mha.org.uk
Biddulph Methodist Church	Biddulph	Local church group	Andrea@biddulphmethodists.org
Green tree house Charity	Biddulph & surrounding area	Food club/ Foodbank for people struggling financially	Tgthfoodclub@gmail.com
Newcastle Staffs Foodbank	Newcastle under Lyme	Individuals and families in financial crisis	info@newcastlestaffs.foodbank.org.uk

Southwest Staffordshire

Group	Area	Target Demographic	Email
Hearts & Hands Tuesday 55+ Mixer Group	Stafford	Social groups and support for older people	admin@heartshands.uk
Futures2gether	Stone	Community based service offering fulfilling and engaging activities and training for adults with learning difficulties	Kellymfutures2gether@gmail.com

Stone Community Hub	Stone & surrounding area	Community groups & support, food bank.	manager@stonecommunityhub.com
St Marks Church	Great Wyrley	Local church group	melmaloney2022@outlook.com
Staffordshire Network for Mental Health	Southern Staffordshire	A small and friendly local charity supporting people's mental health and wellbeing. Empowering wellbeing together.	info@snfmh.org

Southeast Staffordshire

Group	Area	Target Demographic	Email
Burton & District Mind	East Staffordshire	Mental Health Support	info@burtonmind.co.uk
Changes – Tamworth	Tamworth	User-led mental health charity providing a unique recovery and wellbeing service to those in mental distress.	yvonnechanges@yahoo.co.uk
Wellies Project	Staffordshire & Derbyshire border	Supporting adults (19+) recovering from mental ill health through outdoor activities, arts and crafts	Steph@growingruralenterprise.co.uk
East Staffs PPG	East Staffordshire	Patient participation group	Trentmeadowspg@staffs.nhs.uk

Burton Caribbean Association	Burton	Community led organisation that owns and operates a community centre, located in an extremely deprived area within Burton-Upon-Trent	info@burtoncaribbean.co.uk
Harvey Girls/ Dads4Dads	East Staffs/Burton	Family support for wellbeing , boundaries & behaviour, meeting emotional needs , education & learning, progress to work, family routine, keeping children safe, physical health, social networks and home & money	support@harveygirls.co.uk
Burton Unity	Burton	Burton Unity is a community-led organisation rooted in lived experience. We were born from the real stories of women who faced barriers to wellbeing, connection and opportunity -culturally sensitive spaces where women and families can feel truly welcome	info@burtonunity.org.uk

Re-stArt	Burton Elim Church	Art based peer support group. Re-stART is completely FREE, but places are limited to 30 on each day and so they will need you to register to be able to attend. Once registered someone will be in touch with you to confirm your place and start date.	office@burtonelim.com
Up Creative	Tamworth	Community group s& workshops	info@theupcreativecommunity.org
Menopause Café	Lichfield	Menopause support group	themenopausecafe@gmail.com
Burton YMCA	Burton	Homeless individuals and those in crisis	office@burtonymca.org
Sweetmore Meadow	East Staffordshire	Community outdoor education centre	Sweetmoremeadow@hotmail.com
Tamworth Wellbeing and Cancer Support Centre	Tamworth (Stoneydelph)	They aim to support people and their families, in their needs while coping with cancer and other chronic illnesses. They are there to listen and support, no appointment necessary.	admin@twscs.co.uk

Healthwatch Staffordshire
Stafford Civic Centre
Riverside
Stafford
ST16 3AQ



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