

## **DEWIS**

Dewis Cymru is the place to go if you want information or advice about your well-being – or want to know how you can help somebody else.

When we talk about your well-being, we don't just mean your health. We mean things like where you live, how safe and secure you feel, getting out and about, and keeping in touch with family and friends.

No two people are the same and well-being means different things to different people. So Dewis Cymru is here to help you find out more about what matters to you.

We've got information that can help you think about what matters to you, and we've also got information about people and services in your area that can help you with the things that matter to you.

Contains information for both adults and children.

<https://www.dewis.wales/the-place-for-wellbeing-in-wales>

### **Flintshire learning for recovery & Well-being**

Help improve your wellbeing while meeting new friends, developing confidence and learning new skills with one of our activities and courses

<http://www.flintshirewellbeing.org.uk>

### **Flintshire Social Services and Community Mental Health Teams**

When you first think about approaching mental health services it can seem quite daunting. Who do you go to first? What will they do? How much control will you have? Will it work? You know where you want to get to - feeling well - but you don't know how to get there. What you need is a map. This page guides you through the highways and byways of mental health services...

<https://www.flintshire.gov.uk/en/Resident/Social-Services/Mental-Health.aspx>

### **Flintshire Children's Centre**

Flintshire Childrens Centre is part of the specialist service for children, provided by the Betsi Cadwaladar University Health Board in conjunction with Flintshire Social Services and Educational Services. It provides assessment and treatment for children referred because of possible difficulties with their development. We are staffed by a multi agency/multi-disciplinary team, who are available to offer advice and support to families following assessment.

<https://www.flintshire.gov.uk/en/Resident/Community-Directory/Community-Directory.aspx?a=CommunityDirectory&u=270>

### **Child and Adolescent Mental Health Service (CAMHS)**

The specialist Child and Adolescent Mental Health Services (CAMHS) focus on helping children and young people who experience emotional, behavioural and other psychological difficulties. The types of issues presented can include: anxiety, fear and panic, low mood, sadness and depression, feeling lonely, grief after bereavement or loss, anger, separation, bullying, family difficulties, eating less than usual or overeating, thoughts of suicide or self-harming – these are just some of the issues and symptoms that might lead someone to seek help.

<https://bcuhb.nhs.wales/health-services/health-services1/services1/services/child-and-adolescent-mental-health-service-camhs/>

### **SPOA – Third Sector Coordinator.**

In conjunction with Flintshire Voluntary Council (FLVC), Flintshire County Council have funded a post that sits within Flintshire's Single Point of Access who looks at incoming calls and works with the team to determine whether any support from the third sector would be suitable to meet the identified outcomes of the individual referred.

<https://www.flintshire.gov.uk/en/Resident/Social-Services/Social-Services.aspx>

### **Family Information Service**

Family Information Services (FIS) are the first point of contact for advice and information on local services for families and carers.

The FIS provide free, impartial help, support and advice on a range of family issues including:

- Childcare and help with the costs of childcare
- Health care
- Education and Training
- Leisure services
- Finances

They can put you in touch with experts who will provide free help and support tailored to your individual needs. They can also signpost you to useful information and services of Welsh Government Programmes.

<https://www.flintshire.gov.uk/en/Resident/Social-Services/Family-Information-Service.aspx>

## **Flintshire Staff support;**

### **Carefirst**

Care first Lifestyle is available free of charge, offering immediate information, answers and advice on a range of workplace and personal issues.

<https://carefirst-lifestyle.co.uk/>

### **NEWMind - Mindline**

In recognition of the incredible efforts that social care staff have delivered throughout the COVID-19 pandemic, and the impact that this may have had on their mental health, Flintshire County Council have developed a resource to support staff with their mental health and wellbeing. The service is delivered by NEWMind (previously Flintshire Mind).

“Its OK not to be OK” is the message from North East Wales Mind to Social Care workers in Flintshire.

Mindline for Social Care is a new dedicated helpline for front line Social Services employees. The aim is provide a listening ear, information, training and activities to help staff to normalise and accept the difficult experiences they've faced throughout the pandemic. The service, which will operate between 1st August 2020 and 31st July 2021, is independent and confidential.

- Information and advice: signposting to emotional and wellbeing support as well as online resources.
- Active Monitoring: Experienced wellbeing coaches will guide participants through a six-week self-help programme. Each week they'll receive specially designed resources to help them understand and manage their feelings.
- Online Wellbeing Activities to help employees to actively support their own wellbeing
- Help to set up peer support networks
- Training in self-help techniques and Resilience and Trauma Awareness

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