

The Cellar Trust

Mental health support

Bradford, Airedale, Wharfedale and Craven

The Cellar Trust

We are a registered charity providing mental health and wellbeing support across Bradford, Airedale, Wharfedale and Craven.
We offer a range of services and approaches to meet the needs of our people and communities, where and when they need us.

Working in partnership with other organisations, we provide support to help people live positively and independently, to build a brighter future. A number of our services are delivered by peer support workers who have their own lived experience of mental ill-health.

safe spaces

If you are in emotional distress or crisis and urgently need mental health support, we can offer same-day appointments. This service is for anyone aged 5 and over, including children, young people and adults.

Trained Crisis Support Workers can help if you are feeling overwhelmed, like you don't want to be here anymore, unable to cope, experiencing panic attacks or intense depression.

- In person at our Bradford or Keighley hub
- Over the phone if preferred
- Translation services and transport available if needed

How to access this service

Safe Spaces is open every day of the year from 12 pm to 2.30 am

Refer online:

www.healthyminds.services/safe-spaces

Call:

08001 884 884, press option 1, or **111** (10 am - 10 pm)

*Safe Spaces is led by The Cellar Trust and Bradford District and Craven Mind.

Trust Therapies

Trust Therapies
Part of The Cellar Trust

Our specialist psychological therapy service provides one-to-one or group sessions for individuals with a complex mental health problem. We offer free support for adults aged 18 and above whose mental health is affected by:

- Complex trauma
- Bereavement and loss
- Psychological distress related to long-term illness
- Relationship or psychosexual difficulties

There is also a self-paid service if you are experiencing other challenges that do not fall into the above pathways.
You can self-refer through the online referral form or be referred by a GP or other healthcare professional.



> You encouraged and supported me to make small changes in order to cope and feel better. I now feel that I am equipped with a better understanding of strategies for realising and dealing with issues.
> **Zahra**

Pathways to Employment

If you are age 16 and over and need help to overcome barriers in your life which are stopping you from working, we offer one-to-one coaching, action planning, goal setting, self-development, as well as job searching and interview techniques.

We can also help if you are already in paid employment but are currently off sick with your mental health. We offer support to help you to liaise with your employer to return to work or if you wish to move into new employment.

Talking Therapies Employment

If you're feeling low, anxious or stressed, and need support to find, return to, or remain in work, this service provides employment support for people aged 16 and over, who are registered with a GP in Bradford, Airedale, Wharfedale and Craven.

You can access this service if you are already accessing or would like to access **Bradford District and Craven Talking Therapies**. You can self-refer online bdctalkingtherapies.nhs.uk

> I immediately felt at ease with my Employment Worker. I was able to open up with no judgment. They helped me return to work but more importantly helped me with my mental health. I'm so much happier and more confident!
>
> **Alex**



HOPE

Our HOPE team are here to help if you have a history of significant trauma and struggle to access other support which meets your needs. You will receive one-to-one sessions from our peer support workers who have their own lived experience of mental health difficulties. We can provide support over a period of 12 weeks to help you move forwards with your mental health and to achieve your goals.

You can access this service through a GP or mental health professional.

> I have finally been able to process trauma I thought I would never be able to process. I am healing, its hard but now know it can be done, instead of moving back I've moved forward.
> **Sara**



Specialist services

MAST

Multi-Agency-Support-Team

MAST provide peer support in Bradford Royal Infirmary and Airedale General Hospital as well as follow-up support in the community.
Working alongside other partner organisations to offer specialist support around different areas of mental and physical health, as well as with other challenges.

> The Cellar Trust have changed my life completely. Everything now has a much lighter view. I want to experience new things and be happy and I think all of those are within reach.
> **Richard**

The aim is to help people get the right support at the right time, in the right place.

REACH

You can access the REACH service if you are accessing secondary mental health services or on the waiting list. Simply ask the person supporting you, such as your care co-ordinator, mental health nurse, or social worker, to make a referral.

We can:

- offer weekly, face-to-face support for up to six months, tailored just for you
- help you become more involved in your community and connect with groups local to you, so you feel more engaged and supported in everyday life.
- support individuals who are currently in transition, this may include; discharge from hospital into the community or moving.

We work closely with the people already supporting you to understand your needs and offer the right kind of help.

CORE

Community, Outreach, Recovery and Engagement (CORE) is one-to-one, community-based support for people in the Bradford District with severe mental illness (SMI) to help set goals.
This partnership service exists to support people who cannot currently access statutory services or are transitioning between statutory and community support.

CORE provides support for people in the Bradford District, over the age of 16, with diagnosed severe mental illness (SMI), or people without a formal diagnosis where they are experiencing significant emotional distress, affecting their quality of life.

A professional can refer you to CORE. This could be a mental health practitioner based at your GP Practice, Community Mental Health Team or someone from the Assessment Team.

Visit the VCS Alliance website to start your Community Core referral:
www.thevcsalliance.org.uk/community-core

> It's really nice to have someone to speak to who actually listens to me. Any progress I have made has been down to your support.
> **Shaun**



Support us

Whether you choose to donate, volunteer with us, fundraise or become a friend, your valued support will help us to keep providing services for those who need support with their mental health.

Visit our website to find out more:
thecellartrust.org/support-us

To access or find out about any of our services, contact us or visit our website:

How to contact us

01274 586 474

referrals@thecellartrust.org

thecellartrust.org

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