

<u>Mental Health</u>	<u>Support for men</u>	<u>General</u>	<u>Family Support</u>
<p>STaRS Drug and Alcohol Services Colchester 01206 710757 www.openroad.org.uk</p> <p>Summit House Clacton 01255 429778 www.summitservices.org.uk Offer a range of bespoke services for adults with learning disabilities, autism and adults who have entrenched mental health disabilities.</p> <p>CHAPS Dedham 01206 321253 Chaps41@talktalk.net www.chaps.uk.com CHAPS work with all groups promoting health, with women as well as for men, and can provide speakers on a range of topics including the NHS reforms.</p> <p>IAPT Colchester and Tendring 0300 3305455 Health In Mind provides a wide range of talking therapy treatments for adults with mental health problems.</p>	<p>Walk and Talk 4 Men (Colchester) 01206 505250 A support group for men and their mental health. They get together a couple of times a month and have a stroll around a country park whilst having a chat in a safe place without judgement! It gives men the opportunity to offload, get things off our chest and talk about how we are feeling rather than bottling it up and suffering in silence.</p> <p>Mental fitness is just as important as our physical fitness. Men in general find it difficult to open up and talk about their feelings. They often see it as a weakness, they feel they always need to be strong, tough and macho. At Walk&Talk4Men they want to encourage men that's it's okay to talk and that nobody is alone. Get involved- Join a local walk near you To find out about walks in your local area, see our latest events and talk with members, visit their Facebook group: Walk&Talk4Men</p> <p>The Lions Barber collective Colchester, Clacton and all over Essex info@thelionsbarbercollective.com The Lions Barber Colective is an</p>	<p>Community360 Tel: 01206 505250 An independent charity that aims to inspire and enable social action to improve people's quality of life.</p> <p>Peabody Essex Outreach support offer a short term support service to people living within the Essex area who are experiencing a range of problems that are impacting their health, financial and housing wellbeing over the age of 16.</p> <p>CALM 0800 585858 5pm-midnight Support provided for anyone who needs it. Action for carers www.affc.org.uk Tel: 0300 770 8090 Action for carers offer support and advice for carers, they are also able to provide information on local support and services. (Essex wide)</p>	<p>Mind Colchester 01206 764600 or email enquiries@mnessexmind.org. A mental health charity offering support to children and adults.</p> <p>Home start www.home-start.org.uk Tel: 0116 464 5490 Email: info@home-start.org.uk A national charity which helps families with young children. Families may be struggling with post-natal depression, isolation, physical health problems, bereavement or many other issues. Home-start may be able to offer support of a volunteer who will spend around two hours a week in a family's home supporting them in the ways they need. (Various areas of Essex)</p> <p>Family lives www.familylives.org.uk Tel: 0808 800 2222/ 01702 389576 askus@familylives.org.uk Family lives offers varies support for families in Essex across a range of issues. Support includes confidential advice line, parenting courses, online forums, videos and links to resources.</p>

	<p>international collection of barbers which have come together to help raise awareness for the prevention of suicide. They have had training to help support men's mental health.</p>		
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