

Press Release

Worcestershire Wellbeing Hub celebrates its 1st birthday

A community wellbeing hub for those experiencing more mild or lower level mental health problems has celebrated being open for one year this week.

The Wellbeing Hub, run by Community First, is the ‘community resources arm’ of Worcestershire Health and Care NHS Trust’s Healthy Minds service, which together provide information and signposting for people over the age of 16 who are struggling with things like anxiety, stress, low mood, worry or depression.

The Hub is unique to Worcestershire and aims to connect people with the range of courses and groups available across the county run by local non-NHS community providers, for example voluntary organisations or charities.

It is estimated that around 1 in 4 of us will experience things like stress, anxiety, worry and depression at any one time. Often they are related to issues at work, money troubles or relationship problems, but they can also be linked to bereavement or issues connected with drug and alcohol use.

The Wellbeing Hub is a single number or email address which is available Monday to Friday 9am until 5pm is staffed by Wellbeing Assistants who will help people get in touch with the help and support relevant to them.

Anyone (above 16) can contact the hub during its opening hours and you don’t need to be referred from another healthcare professional. However the hub is not there to support people who are experiencing more serious mental health problems or who are in crisis.

Amanda Wright Manager of the Worcestershire Wellbeing Hub said: *“We are really pleased with how the Wellbeing Hub has been able to help nearly 3,000 in its first year. We have taken calls from all manner of people ranging from GPs and support workers to parents, carers and of course, people looking for help for themselves.*

We were hoping that the Hub would make accessing the vast range of excellent community support available across the county much easier, saving people time and additional stress by having them call one simple number, and it seems to be working.”

How to access the Wellbeing Hub:

- Call: 01905 766124
- Email: WHCNHS.wellbeinghub@nhs.net
- Online: www.hacw.nhs.uk/wellbeinghub

The Hub is open Monday to Friday 9am until 5pm

The Wellbeing Hub is part of the Worcestershire Healthy Minds service which was launched in 2015. It also provides NHS courses, including talking therapies, for those who might benefit from them. People can self-refer onto some of these via the website: www.hacw.nhs.uk/healthyminds

-Ends-

Caption: Staff at the Wellbeing Hub celebrating with cake and balloons