



Toolbox

"For your emotional health"



Hi!

My name is Sian West and I am one of the three Big Lottery Fund Toolbox Project workers delivering Toolbox throughout the six districts of South Staffordshire

The areas I work in are Stafford Borough, South Staffs. District and Cannock Chase District

So what is Toolbox?

- Toolbox is an open access, self-empowering, emotional wellbeing signposting service
- It involves an hour's Toolbox appointment with a SSNMH Toolbox worker and follow up evaluation
- It is to help an individual become more aware of their emotional wellbeing, identify their own support network throughout the 4 identifiable stages of mental health experiences, Wellness, Illness, Distress and Crisis and be signposted to emotional wellbeing tools and services that may be helpful for them.
- Individuals may self-refer for a Toolbox appointment or be referred through organisations.

Through this low key resource, individuals will be encouraged to recognise and identify their own strengths and weaknesses and understand the support network around them. It is all about self-empowerment and individuals having tools in their 'Toolbox' that can be used to maintain good emotional wellbeing.

Why am I contacting you today?

SSNMH is keen to work in partnership with a range of different services and organisations in the six districts of South Staffordshire to both raise awareness and help self-empower as many individuals as possible to maintain good emotional wellbeing

Toolbox is for everyone who is not at present accessing mental health services (e.g. Community Mental Health Team), whatever their age (18+), ability or situation.

What can you do?

- Promote Toolbox in your organisations to colleagues, volunteers and clients
- Complete a referral form for clients living in the districts of Stafford, South Staffs or Cannock Chase
- Give my contact details and/or a referral form to anyone who would like to self-refer
- Email completed referral forms or self-referrals directly to myself at sian.west@ssnmentalhealth.co.uk
- Alternatively email to SSNMH office at toolboxreferral@ssnmentalhealth.co.uk

If you would like any further information, please

- email: sian.west@ssnmentalhealth.co.uk
- Phone: 07494 273175
- Phone SSNMH office on [01543 301139](tel:01543301139)

Many thanks

I'll look forward to hearing from you!

Sian

Sian West

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