

Isle of Wight *Positive Minds*

NHS Isle of Wight Clinical Commissioning Group recognises that people may welcome some additional support where they may be worried or anxious about their mental well-being.

Poor mental health can affect anyone at any time and whilst the island has a comprehensive network of intensive mental health support for people who are diagnosed with a mental illness, we also know that for most people, being able to access information and receive guidance can make a very positive difference in their daily lives.

We also recognise the difficulties people are experiencing as a result of Covid 19 – worry, anxiety and stress can all affect our daily living and so in partnership with Two Saints, the Isle of Wight Clinical Commissioning Group has commissioned Mind District to provide **Positive Minds** for our residents on the Isle of Wight. This is an easily accessible service that helps people gain support at the exact moment they need it, in the way they want to.

Mental Health still carries a stigma and whilst we are working hard to make looking after your own mental wellbeing no different than looking after your physical well-being, we also know that sharing your anxiety with others can be difficult for some people.

Positive Minds is a totally confidential, online self-help resource for anyone experiencing anxiety, worry or stress. There are a number of online modules offering support and guidance that can be accessed including relaxation, work stress, sleep well, health anxiety and living a healthier life and all in complete privacy, when and where you want.

If you feel that you could benefit from this support, then access is provided through the Isle of Wight Safe Haven. All that is required is access to the internet on a computer, on a tablet or through an internet enabled mobile phone. We encourage anyone who would like to access this support to contact the Isle of Wight Safe Haven during their normal working hours (Monday to Friday 5pm – 10pm, weekends and Bank Holidays 10am – 10pm) by telephone - **01983 520168**.

You will need to provide some very basic information in total confidence which is not shared or used for any other purpose and then the Safe Haven will arrange immediate access to the most appropriate **Positive Minds** service via a confidential email sent directly to you.

Please also remember that advice and guidance about physical and mental health can also be obtained by calling NHS 111.