



Mental Health & Wellbeing Support in Angus

Penumbra offers personalised and recovery focused support to all adults (over the age of 16), who are concerned about their mental health and who live in Angus. Based on the belief that recovery is achievable for everyone, Penumbra provide services that are designed to promote positive wellbeing and support people through their individual recovery journeys.

- 1. Angus Nova service** has developed a new 'Wellbeing Pathway' which offers a range of wellbeing support options, suited to differing levels of need. Angus Nova will empower people to manage their own wellbeing by helping people to discover and connect with resources, amenities and meaningful activities within their community.



We encourage people to complete their own application forms; however third party referrals can also be made.

Telephone **01241 873900**

Email **angus.nova@penumbra.org.uk**

- 2. Angus Suicide Prevention and Support Service** is available to all adults living in Angus who experience thoughts of suicide or who may have attempted suicide. Support is also available for family members, carers or friends of adults experiencing suicidal thoughts.

Telephone, email and face-to-face support is offered; all of which will promote safety, wellbeing and recovery. Information, guidance and signposting regarding suicide prevention can also be provided. There is no application form or waiting list for this service.

Freephone **0800 135 7899**

Email **aspss@penumbra.org.uk**

- 3. Angus Peer Service** is delivered from three GP Practices in Angus. Using their own lived experience of mental health recovery, our team of Peer Workers offer authenticity and a unique insight that can enable and empower positive wellbeing.



Up-to 3 appointments are offered to explore self-management techniques and connect people with community resources or organisations that support their wellbeing. A range of Wellbeing Workshops are also offered at each practice.

Angus Peer Service is available in Carnoustie Medical Centre, Monifieth Medical Practice and The Medical Centre, Arbroath. Individuals must be over the age of 16 years and registered at one of the above GP Practices to access this service. Appointments and workshop bookings can be made at the GP surgery reception desk.

Email **anguspeerservice@penumbra.org.uk**

Angus Nova Wellbeing Pathway

1. **Self-Management Opportunities.** These interactive and informative group sessions emphasise self-awareness and personal responsibility, and empower a person to manage their own wellbeing.



We offer a programme of educational and motivational Penumbra Workshops on Wellbeing (POWWOWs), focusing on commonly identified themes such as Self-Esteem, Expressing Emotions and Hope for the Future. We also deliver WRAP (Wellness Recovery Action Planning) Workshops and offer information sessions on using Living Life To The Full.

People can sign up for groups within their community, by completing our workshop booking form, which is widely distributed in each locality. To find out what groups are offered in your area this month, please contact Angus Nova.

2. **Keyworking.** We use Penumbra's 'Individual Recovery Outcome Counter' (I.ROC), to measure and understand where people are in their recovery journey. We work with people to identify areas of wellbeing, which are most important to them and define their own outcomes.



Using a coaching approach, people are supported to shape and manage their own recovery through breaking goals into achievable steps. We will connect people with tools and techniques that promote mental health literacy and self-management.

We offer support to address practical barriers, preventing people from engaging in their community, such as travel confidence. We also provide support to increase confidence to access mainstream activities and groups.

3. **Experts by Experience.** Our team of workers ensure that we remain hopeful and focused on positive outcomes for people with mental health challenges. Angus Nova Service offers **Peer Support** within each area of Angus.



Our **Employment Practitioner** offers individual support to access work or volunteer opportunities, as well as a group programme called 'Ready Steady Work'.

Our **Young Persons Practitioner** provides personal wellbeing planning for young adults aged 16 to 25 years. A range of tailored POWWOW's are also available. The Practitioner will be looking to work with local organisations, to develop **Wellbeing Points**, which will enable people to independently research and access digital resources to support recovery.

4. **Moving On.** Through using I.ROC as part of a facilitated discussion, we can review and reflect with people about their individual recovery journey. Each review is recorded on a graphic, providing a visual illustration of the goals a person has achieved; a powerful motivator that recovery is achievable.



When a person reaches the stage of moving on from support, a conversation is held with them about what they would like their next steps to be. Each person is given the option to create a personalised moving on plan, containing wellbeing and self-management resources that the person has identified as being meaningful to them. The aim is to facilitate the person taking control of the skills and resources they have found to improve their mental health and wellbeing.



If you have any questions about any of services, please contact us on:

Penumbra Angus Services

115 High Street
Arbroath
DD11 1DP

 01241 873900

 angus.nova@penumbra.org.uk

 Follow us on social media for updates

Achieving the best possible mental health & wellbeing for the people of Angus