

Originators of preventative and recovery-focused mental health support within North Staffordshire - with over 30 years' experience of providing community-based mental health support, Changes has a track-record for changing people's lives that is unrivalled in its field...

Easy to access and developed by those who have recovered from mental distress, Changes services are based on its unique 12 Step Recovery Programme, 10-point Wellness Action Plan (WAP), Weekly Peer-Support Groups and Training Sessions - providing you with a clear and structured pathway to recovery and wellbeing.

Accredited Training and Volunteer Placements



Volunteering can play a key role in your recovery... Improving your confidence and self-esteem, connecting you with like-minded people, and helping you to learn new skills, (that can increase your employment options).

Recovery-focused Activities

You are welcome to take part in Changes popular social and recreational events, e.g. meals, walks, music groups, art sessions, writing workshops etc - where you will benefit from connecting with others within a friendly and supportive environment.

Wellbeing Services for Children & Young People



CAMHS Central Referral Hub
(Child & Adolescent Mental Health Services)
Tel: 0800 032 8728 option 1
9am-5pm - Monday to Friday

Changes

Wellbeing Services

Weekly Peer-Support Groups & Wellbeing Training



Helping you to stay well & get on with your life...

Quality services within your community

Tried, tested and trusted!

★★★★★
Google Reviews
4.6 Stars from 80 Reviews Feb 2022

TOGETHER WE'RE BETTER
Transforming health and care for Staffordshire & Stoke-on-Trent

Staffordshire & Stoke on Trent Integrated Care System Board

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Like & Share Shows You Care



Changes Health & Wellbeing, Victoria Court
Booth Street, Stoke, Staffordshire ST4 4AL
www.changes.org.uk



Weekly Peer-Support Groups



Where those in mental distress can connect and share self-help tips, offer each other support, and learn how to apply Changes 12 steps to manage their condition.

Safe, friendly and structured meetings, run by qualified staff - that you can join in with whenever you need.



Changes provides weekly peer-support groups in communities across North Staffordshire and Stoke-on-Trent - access is open and open-ended. Once you've found the group that you want to attend - you can either turn up at the next meeting or, if you prefer, contact us to book a place.

Wellbeing

Services to improve your wellbeing and ability to cope.



Making Changes

Sessions to promote more helpful thinking, healthier behaviour and to increase your coping skills; and to set goals to help you to stay well.



Plus - We also provide a range of short courses designed to help you to cope, keep well and get the most out of life! These include:

5 ways to Wellbeing, Anger Management, and How to be More Assertive



New to QR Codes? Simply scan the QR Code using your phone's camera, to view pages at www.changes.org.uk

Recovery

Services helping those who sometimes struggle with their mental health - to stay well and to get on with their lives.



Wellbeing Programme

Sessions to teach simple steps to self-managing stress, anxiety and depression - including setting relevant 'wellbeing goals'.



Foundation Recovery

Sessions to promote a better understanding of recovery and how to apply Changes 12 steps to manage various types of mental distress.



To Self-Refer on to Changes Weekly Peer-Support Groups or Wellbeing and Recovery Services, Phone 01782 411433 Email contact@changes.org.uk or Scan QR Code to book >

