Pride in our services
Nottingham adultcare

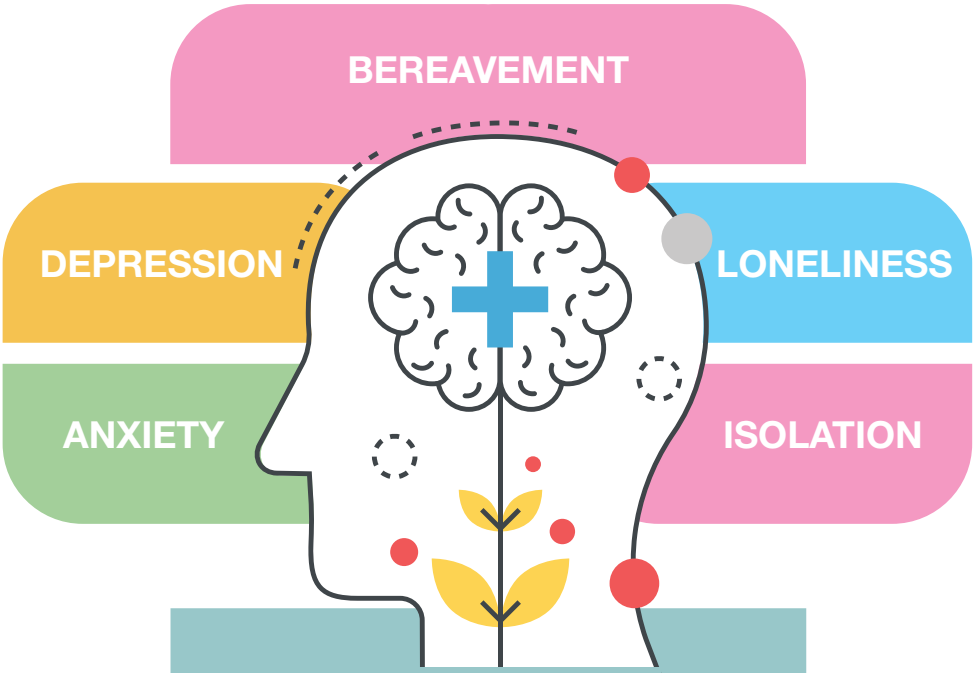
Open Door





A specialist day service for people with mental health issues.

Nottingham City Council



OPEN DOOR

Call us on: 0115 876 1155

opendoor.project@nottinghamcity.gov.uk

www.nottinghamcity.gov.uk/
opendoor

About us



Open Door mental health service provides support to adults from age 18 upwards from all backgrounds who are experiencing mental health issues or emotional distress and aims to promote their mental well-being and on-going support needs.

How can our service benefit you

Open Door is a specialist mental health service where you can:

- Be yourself amongst people who share similar experiences.
- Receive focused support from staff with extensive experience in mental health.
- Access a wide range of therapeutic and social activities at the project and in the local community.

> ***We aim to support you on your personal journey to developing and maintaining a meaningful and satisfying life alongside your mental health issues***

What can I do at Open Door?







We provide community and building based services offering advice, information and support, complemented by a range of group activities, such as:

- Time limited crisis day support
- An identified Keyworker
- Specific therapeutic interventions and opportunities for development
- creative and hobby type pursuits, such as, art, photography, crafting and gardening
- Social/peer support and social contact,
- Confidence building
- Support to access ordinary social and leisure activities at the Project or in the community
- Specific therapeutic activities such as anxiety management, chair based exercise, hydrotherapy, meditation.





Accessing our Service

If you or someone you know is interested in attending Open Door, we encourage them to come for an informal taster session.

During the taster session, you can meet the team, have a tour of the Centre and participate in any planned Activities.

Self Referral Process

As a social care service within Nottingham City Council, the route of referral to Open Door is via self-directed support and the use of personal budgets. To access Open Door people will either need a personal budget to fund their place OR they can self-fund if they are not eligible for a personal budget

Social Work Staff

If the individual you would like to refer has had a self-directed support assessment and would like to use their personal budget at Open Door, then please complete a social care referral form.
We will then arrange an introductory meeting with the citizen to identify an action plan and arrange a start date.

Healthcare professionals

Please contact us if you wish to refer an individual to our service

If you have any questions about our service or the referral process then please do not hesitate to contact **The Open Door Team** on **0115 8761155** or email **opendoor.project@nottinghamcity.gov.uk**

Open Door

Regular Activities



Cooking Group



What's troubling you?



Calming meditation



Physical Activity



Local Interest

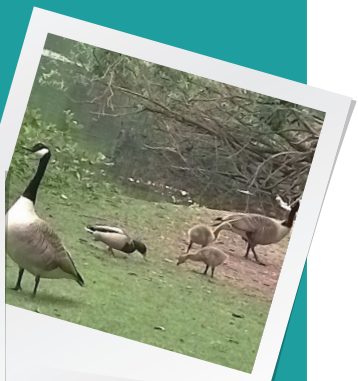


Creativity/Art Room

Photography group

All photographs taken by our Photography Group Members



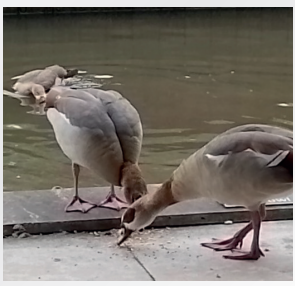












Centre Charter

We Should;

- Respect other people's opinions
- Respect other people's privacy,
- Maintain confidentiality
- Respect peoples' right to sit quietly if they choose
- Treat each other with respect and dignity
- Be sensitive to other people's feelings
- Make everyone feel welcome
- Respect peoples' religious beliefs
- Feel able to say if you are offended by someone else's behaviour
- Discourage members from borrowing or lending money, cigarettes, etc.

We will not tolerate;

- Verbal or physical abuse to other members of Open Door or to staff members.
- Bad language or sexual innuendo
- Sexism, racism or homophobia

How to find us

Open Door

The Willows, Ambergate Road, Beechdale NG8 3GD



We are easily accessible by public transport and are served by major bus routes

Please call:
0115 876 1155
or email:
opendoor.project@nottinghamcity.gov.uk

Contact us for a friendly chat about Open Door, to arrange a visit or if you need our help to understand this Information



Open Door offers me a safe environment to talk in, gives me more of an understanding about my illness and how to manage it rather than let it rule my life.

Call us on: 0115 876 1155

opendoor.project@nottinghamcity.gov.uk

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I can honestly say that for the first time in many years I have become comfortable and relaxed with people and confident within myself.



Emergency Duty Team	**Helpline 0115 8761000** www.nottinghamcity.gov.uk/emergencyduty	The City's Emergency Duty Team provides help, advice and assistance when day service teams and social workers are not available.
NHS Direct	**Helpline: 111**	National nurse-led helpline providing medical advice, non-emergency helpline.
Wellness in Mind	**Helpline: 0800 561 0073** www.wellnessinmind.org/Online talk service	Monday – Sunday 9am to 12:00 Wellness in Mind, Nottingham Wellbeing Hub, 73 Hounds Gate, NG1 6BB
Counselling Directory	**Helpline: 03333252500** www.counselling-directory.org.uk	Find a counsellor or psychotherapist
Wellbeing Hub Nottingham	**Helpline: 08000285598** www.nottinghamwellbeinghub.org	Free, confidential support and advice for those seeking support for mental health, drugs or alcohol use, housing and emploment.
Samaritans	**03300945717 (local) / 116 123** (Freephone) www.samaritans.org	Emotional support for those in distress
Nottingham Sexual Health Services	**Tel: 01159627627** www.nuh.hus.uk	Access to receive help and advice around sexual health.
Mind (National)	**www.mind.org.uk**	Mental Health issues, further resources
Rethink	**www.rethink.org**	Information and support related to depression
Sane: Mental Health Charity	**www.sane.org.uk**	Information on sectioning, diagnosis, treatment and support
No Panic	**Helpline: 03007729844** www.nopanic.org.uk Youth contact: 03306061174	Support for anxiety, phobias or depression
Nottingham LGBT + Network	**Helpline: 0115 934 8485** (7pm-9.15 Mon-Fri) www.nottslgbt.com	provides information and support for lesbians, gay men, bisexuals, trans people and non-binary.
Topaz Centre SARC	**Helpline: 08000859993** https://nottssvss.org.uk/how-we-can-help/sarc/	The Topaz Centre service is to provide multi-agency support to survivors of rape and sexual assault in Nottingham.
Cruse	**08088081677** www.cruse.org.uk/	Bereavement support
Age UK	**08000556112** www.ageuk.org.uk	Advice and support for senior citizens

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You are not alone!

Nottingham City Council