

ACS

Adult Community Recovery Service

ACS is **NOT** a crisis service

If you feel like harming or hurting yourself or other people:

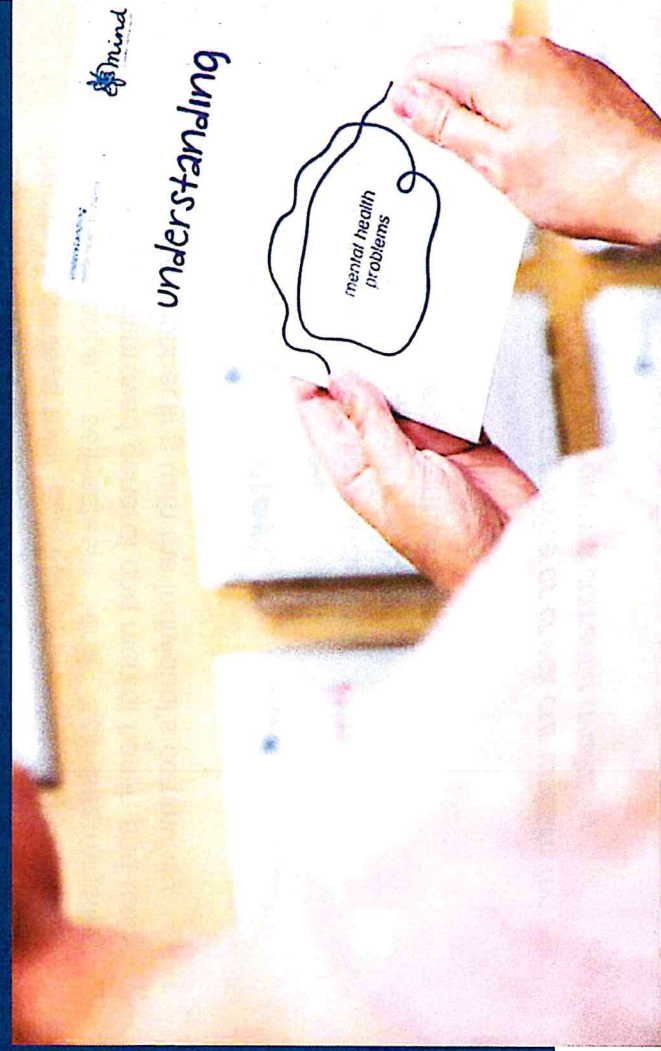
- Call 999
- Go to your nearest A&E department

For non-emergency situations:

- Visit your GP (or contact your out of hours GP)
- Call NHS Direct on 111 (24 hours)

If you would like to talk to someone about your problems,
then you may find an emotional support line useful:

- Samaritans (24 hours) - Tel: 116 123
- SANEline (4.30pm-10.30pm every day) - Tel: 0300 304 7000



Great Yarmouth & Waveney Mind
28-31 Deneside
Great Yarmouth
NR30 3AX

Tel. 01493 842129

Email reception@gywmind.org.uk
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 **mind**
for better mental health

Great Yarmouth
and Waveney

What is ACS?

The Adult Community Services team (ACS) provides mental health support to adults from the age of 25+ in the boroughs of Great Yarmouth and Waveney. The ACS service also incorporates Carers' Support and Black Minority Ethnic (BME) groups.

Our objective is to enable people living with mental ill health to achieve their individual potential by developing self-confidence, self-esteem and self-determination leading to improved general and mental health and well-being and connecting with the individual's community.

What we can offer

Time limited interventions including:

- One to one support sessions
- Personal development courses
- Group activities

(Please contact our office or check our website for courses and groups currently available)

Who we cannot support

- Individuals living with learning disabilities
- Alcohol and drug dependency

Carers Service

The objective of the Carers service is to enhance the quality of life of carers and to improve understanding of the opportunities available in service provision.

The Carers service offers a range of support for carers over the age of 16 who care for people living with, or recovering from, mental ill health, including:

- One to one support sessions
- Support to access Carers learning grants
- Support to access short breaks funding
- Respite (by accessing courses/groups/activities)

BME Service

The objective of the Black and Minority Ethnic Service (BME) is to promote and protect good mental health within BME groups, to reduce social exclusion and isolation and to promote equality and diversity in mental health care. For further information please contact our office.

Accessing the Services

You can self-refer, or be referred by your GP, other health professional or agency. A referral form is available on our website or by contacting our office.