

Mental Health Support Programme

The Mental Health Support Programme is facilitated by experienced Mental Health Practitioners and Registered Nurses based in purpose built rooms at Flint House.

The Flint House Mental Health Practitioners facilitate a low intensity 10 day group programme plus one-to-one sessions with educational classes for common mental health conditions. The objectives of the programme are to provide the opportunity to engage in group work within a safe environment away from home and work stressors.

Week One focuses on increasing self awareness of thinking styles, behaviours and current coping strategies. This includes education around anxiety, depression, goal setting, food and mood and the importance of physical exercise including Pilates and walking led by Rehabilitation Therapists from the Physio department.

Week Two focuses on opportunities to practise alternative thinking styles, behaviours and coping strategies. This includes education around self compassion, mindfulness, and relapse management. This provides the opportunity for individual discussion and reflection. There is also an aromatherapy session and a health check offered.

To apply for the Mental Health Programme:

Go to the website and complete the application form

Or telephone for more information on: 01491 874499



FLINT HOUSE
POLICE REHABILITATION CENTRE

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