



Mental Health & Wellbeing Programme

Health & Wellbeing Department:

We provide specialist care and treatment to serving police officers with common mental health disorders. It is staffed by experienced mental health professionals and registered general nurses.

Patients attend Flint House for either physiotherapy or mental health support, as per the application form available from our web-site.

Our Programme:

Run over a 12 day stay group programme which focuses on raising awareness of distress and learning coping strategies to deal with multiple emotional needs.

The programme is supported by positive patient feedback and includes therapeutic sessions that educate on problems such as stress, anxiety, depression, sleep problems, social phobia, stress, trauma and anger.

We help you to learn to identify your helpful and unhelpful coping patterns, modify your behaviours to improve wellbeing and skills to self-management. Our group programme can assist with interventions and open up new opportunities for seeking further support on discharge.

Individual Sessions:

Alongside the group programme, we offer individual key working sessions; individual support sessions with trained members of the Health and Wellbeing Team. Key Working sessions aim to compliment group work and provide individuals with the opportunity to discuss their individual situations and gain coping strategies to help them feel more in control.

Key Workers provide individual support for patients during their stay and these sessions are confidential. No information will be passed to your employer but we may liaise with your GP to ensure you have support in the community.

Health Walks:

For patients who would enjoy exploring the local countryside, as part of their treatment, we encourage engagement in walking whilst engaging with our programme to improve enjoyment and overall wellbeing.

The Health & Wellbeing Department also provides:

- ◆ Health Checks
- ◆ Aromatherapy Appointments
- ◆ Relaxation Sessions
- ◆ Pilates
- ◆ Sleep Classes
- ◆ Stress Classes
- ◆ Nutrition Classes

For more information please contact The Health & Wellbeing Team Tel: 01491 878 565.

Application forms can be found at our website: www.flinthouse.co.uk

NOTE: Patients are asked to bring copies of any accompanying medical / therapy reports / discharge letter etc. outlining diagnosis or previous therapy if available.