



MENTAL HEALTH
NORTHANTS
COLLABORATION



Northamptonshire Healthcare
NHS Foundation Trust

MENTAL HEALTH NAVIGATORS

NEED
DIRECTION?

 01604 658963

 mentalhealth.navigators@nhs.net

 www.nhft.nhs.uk/navigators



**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

WHAT DO MENTAL HEALTH NAVIGATORS DO?

Our mental health navigation team provides support in the community to help people improve their general wellbeing. If you're experiencing stress, anxiety, depression or recovering from a mental health condition and are struggling to move forward and find the right support, then a Mental Health Navigator may be for you.

The team will offer guidance, support, motivation and local information depending on your needs.

OUR NAVIGATORS

A navigator can:

- Meet you in a public venue of your choosing, between the hours of 9-5, Monday-Friday
- Actively listen to what you want to do to make positive changes to improve your wellbeing
- Help you assess whether you are ready to make those changes and support you in planning a pathway for them
- Give information of appropriate support agencies that you may wish to use
- Motivate and empower you to make these changes and maintain them in the long term.

If you feel that you may benefit from this service, or would like more information please get in touch via the contact details in this leaflet.

OUR LOCALITIES



CONTACT US TODAY

To register for the service yourself, or for support agency referrals or GP referrals please send your referral by post to:

Di Morris, Co-ordinator to mental health navigators, Campbell House,
Northampton, NN1 3EB

OR email mentalhealth.navigators@nhs.net or call the client line on: 01604 658963 or the office on 01604 658813.



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**Northamptonshire Healthcare
NHS Foundation Trust**
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Northampton
NN15 7PW
Telephone: 01604 658963
www.nhft.nhs.uk/navigators

Inspected and rated

Good



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেটে যদি আপনার অন্য কোনো ফরম্যাটে

বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করুন

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jei šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.