



**Open Mind Service**  
in partnership with  
Leicestershire and Rutland Probation Trust



**A talking therapy service for people living in  
Leicester City, who are feeling stressed, troubled,  
anxious or depressed and who are part of the  
Offender Management Scheme**

**If you need to cancel/re-arrange your appointment:**  
please contact your OM or leave a message  
on voicemail: 077 956 17554

**Please give a minimum of 24 hours notice**

**Email: [feedback@leicspart.nhs.uk](mailto:feedback@leicspart.nhs.uk)**

**Website: [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)**

**[www.leicestercity.nhs.uk/openmind](http://www.leicestercity.nhs.uk/openmind)**

## What is the Open Mind Service?

It is a service where you will be able to talk to a therapist, who will help you to identify your problems and how you might deal with them.

## Who is this for?

It is for people over 16 years of age living in Leicester City, who are feeling troubled, stressed, anxious or depressed.

## What can I expect?

Your first appointment will last approximately 50 minutes and will take place with an Open Mind therapist at Cobden Street Probation Service.

Together with a therapist, you can talk about your concerns and then decide what might be the best step for you. This may include:

- ▶ Self-help information
- ▶ Computer-based courses that you can access from home or other local centres
- ▶ Services provided by voluntary agencies
- ▶ Individual sessions
- ▶ Therapy groups
- ▶ Specialist therapies

In some instances, the above options may not be suitable for you and it may be appropriate to refer you to other specialist services in Leicester City. This will be discussed further with you at the time.

## How do I make an appointment?

If, after reading this leaflet, you wish to see a therapist, you can book an appointment through your Offender Manager (OM).

**Please do this within two weeks of receiving this leaflet.**

## Do you provide services in other languages?

Yes. Some of our therapists are multilingual. We can also arrange face-to-face or phone interpreters where necessary.

## Will what I say remain confidential?

Our service is confidential. However, if you do have any queries about confidentiality, please discuss these with your therapist.

## How will I know it is helping me?

During each session, we will ask you to complete a number of short questionnaires. These help you to monitor your progress and ensure the service is continuing to meet your needs.

## How many treatment sessions will I have?

This will depend on your individual circumstances, but could range from 8 to 20 sessions.

## I have more questions.

### Who can I ask?

You can talk further with your OM, or raise any questions at your first assessment.

There are also a number of helpful books and organisations listed on our website [www.leicestercity.nhs.uk/openmind](http://www.leicestercity.nhs.uk/openmind). The books are also available in your local library.

### **I don't think Open Mind is for me. What do I do now?**

You may find it helpful to return to your OM to discuss your decision further. Alternatively, there are a number of other services below.

#### **Additional sources of help**

##### **Counselling**

Relate (relationship guidance)  
0116 254 3011

Leicester Counselling  
0116 255 8801

##### **Money and legal advice**

Citizens Advice Bureau  
0116 285 2081

Money Advice Centre  
0116 242 1120

National Debtline  
0808 808 4000

##### **Employment**

Job Centre Plus 0800 055 6688

##### **Addictions**

Alcohol Advice Centre  
0116 222 9545

Drug Advice Centre  
0116 222 9555

##### **Bereavement**

CRUSE Bereavement Centre  
0116 288 4119

##### **Carers**

CLASP for carers 0116 251 0999

##### **Mental Health**

Leicestershire Focus Line  
0800 027 2127

The Adhar Project  
0116 220 0700

Savera Resource Centre  
0116 261 2837

Network for Change  
0116 247 0335

Leicestershire Action for  
Mental Health Project (LAMP)  
0116 255 6286

Akwaaba Ayeh Mental Health  
Project 0116 247 1525

##### **Victim Support**

Domestic Violence Integrated  
Response Project  
0116 225 0004

Rape Crisis Helpline  
0116 255 8852

Victim Support 0116 255 6628  
or 0845 303 0900

Action Against Domestic  
Abuse 0116 210 7773

##### **Useful websites**

[www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)  
[www.leicestercity.nhs.uk/openmind](http://www.leicestercity.nhs.uk/openmind)  
[www.lampdirect.org.uk](http://www.lampdirect.org.uk)



If you need this information in another language  
or format please telephone 020 7253 7700 or  
email: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Arabic

إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتنسيق مختلف، يرجى الاتصال بهاتف رقم 020 7253 7700 أو إرسال بريد إلكتروني إلى: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Bengali

যদি এই তথ্য অন্য কোন ভাষায় বা ফরমেটে আপনার দরকার হয় তাহলে দয়া করে 020 7253 7700 নম্বরে ফোন করুন বা [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk) ঠিকানায় ই-মেইল করুন।

## Traditional Chinese

如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 020 7253 7700 或發電子郵件至：[Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Gujarati

જો તમારે આ માહિતી અન્ય ભાષા અથવા ફોર્મેટમાં જોઈતી હોય તો 020 7253 7700 પર ટેલિફોન કરો અથવા [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk) પર ઇમેઇલ કરો.

## Hindi

अगर आप यह जानकारी किसी अन्य भाषा या प्रारूप में चाहते हैं तो कृपया 020 7253 7700 पर हमें फोन करें या [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk) पर हमें ईमेल करें

## Polski

Jeżeli są Państwo zainteresowani otrzymaniem niniejszych informacji w innym języku lub formacie, prosimy skontaktować się z nami telefonicznie pod numerem 020 7253 7700 lub za pośrednictwem poczty elektronicznej na adres: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 020 7253 7700 ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ ਇੱਥੇ ਈਮੇਲ ਕਰੋ: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Somali

Haddii aad rabto in aad warbixintan ku hesho luqad ama nuskhad kale fadlan soo wac lambarka 020 7253 7700 ama email u dir: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Urdu

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں درکار ہوں تو براہ کرم اس ٹیلی فون نمبر 020 7253 7700 یا ای [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk) میل پر رابطہ کریں