



How the network of support works in Somerset.

Open Mental Health hubs in your area

Taunton & West Somerset, Mendip, South Somerset, Sedgemoor.

A team of specialists working together:

Clinical specialists who can help with things like past trauma.

Recovery and wellbeing workers to support you one-to-one or in a group.

Peer support from people who have been through similar mental health journeys.

Specialist eating disorder support.

Advice and guidance on things that affect our mood, like money, housing, or benefits.

Age UK volunteers who offer support tailored for older people.

Volunteering opportunities to help us build confidence and give back to our community.

An ecosystem of help and recovery activities

Community Rehabilitation

Support to be socially connected

1:1 and group peer support

Advice and guidance around money and benefits

Wellbeing support

Volunteering

Social prescribing

Movement and exercise

Community crisis support