

Our Vision

Working together to empower a mentally healthy Doncaster by placing people at the heart of all we do.

Alliance Members

City of Doncaster Council

Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust

Doncaster Mind

Doncaster Rape and Sexual Abuse Counselling Service

NHS South Yorkshire Integrated Care Board

Open Minds Counselling Services Ltd.

People Focused Group

Rotherham, Doncaster & South Humber NHS Foundation Trust

Find out more about our services in the Alliance

Doncaster Mind
(Wellbeing Service and HIU)
Telephone: 01302 812190
Email: office@doncastermind.org.uk
Website: www.doncastermind.org.uk

Doncaster Rape and Sexual Abuse Counselling Service (DRASACS)
Telephone (counselling): 01302 360421
Telephone (admin team): 01302 341572
Email: admin@drasacs.org.uk
Website: www.drasacs.org.uk

IMP;ACT
Email: syicb-doncaster.impact@nhs.net
Website: www.making-an-impact.com

Open Minds
Telephone: 07765 224564
Email: onlinetherapy@counsellingdoncaster.com
Website: www.counsellingdoncaster.com

People Focused Group
Telephone: 01302 618507
Email: hello@peoplefocused.org.uk
Website: www.peoplefocused.org.uk



Supporting Each Other To Support Our Communities

This community based Crisis Alternatives Alliance & Mental Health Alliance Hub is a 'multi-agency' strong, reliable partnership, presenting an alternative for the people of Doncaster, ensuring that no front door to mental health support is closed when people need it the most.

The Alliance supports individuals at any point on their mental health journey to recover from crisis, restore emotional resilience and prevent deterioration.

Doncaster's Crisis Alternatives Alliance

Resilience + Prevention

Doncaster Rape and Sexual Abuse Counselling Service



The service offers free, confidential counselling and advocacy to those affected by sexual abuse or assault. DRASACS supports men, women and children. As a service, we offer therapy and Independent Advocacy for adults, children and young people.

Referrals

- We encourage adults to complete a self-referral. However, a form completed with help from a family member, friend, or other source is also accepted.
- We also review direct referrals from NHS Doncaster Talking Therapies.

Adult Support overview

- 1:1 Therapy - Males and females 18 years and over can have up to 30 free sessions of 1:1 therapy. Therapy can be conducted face to face, by telephone, or online.
- Group Therapy - Males and females 18 years or over can attend "Post" therapy group support. These group sessions provide an opportunity for those who have completed 1:1 counselling to interact with people who have also completed their counselling, and feel ready to meet others with experience of rape and sexual abuse.
- Advocacy - Independent Sexual Violence Advocates (ISVA) offer practical help, advice, and information for male and female victims of rape and sexual abuse. Supporting individuals regardless of whether they have reported to the Police or anyone else, about the attack or events.

Doncaster Mind Wellbeing Service

Based in and around Doncaster, we offer a mix of 1-to-1 support and group sessions, for adults living in the Doncaster area who identify with mental health and well-being issues.

Referrals come from many different sources and self-referral is encouraged.

One to one support comprises of:

- Counselling and Bereaved by Suicide, short-term service delivered in partnership with Changing Lives.
- Mentoring, supporting individuals to work towards goals in a more manageable way.
- Navigating Service is short-term support helping individuals go to appointments or groups that feel out of reach.

Group sessions include:

We run a range of guided learning courses around anger, anxiety, confidence, mindfulness and wellbeing sessions throughout the year with our facilitated Peer Support groups, providing a safe space for people to share experiences and develop coping strategies.

Recovery + Aftermath

IMP;ACT Team Improving; Attitudes, Choices, Thoughts



The IMP;ACT service works with adults who have made a serious attempt on their lives within 12 months of their referral. People whose suicide attempts have emerged from a combination of life distress and physical or mental ill-health, and who are not parasuicidal. Referrals come from professionals, such as the Home Treatment Team, but any service can make a referral.

IMP;ACT offer one to one support which includes Emotional Resilience (EmRes) mentoring alongside 1 year of support from a coordinator. The coordinators help people manage their personal health, relationships, professional lives and address difficulties they have with the world in which they live.

Learn more about IMP;ACT at:

www.making-an-impact.com

or contact the service at:

syicb-doncaster.impact@nhs.net

Recovery + Aftermath

HIU (High Intensity Use) Service

This service works with the Emergency Department at Doncaster Royal Infirmary to support people over 18 who are frequently accessing Doncaster's emergency services.

The HIU team works to understand underlying causes of frequent visits to the Emergency Department, or calls to the ambulance service and takes a coaching approach to resolving social and emotional needs and connecting individuals with the right community based support and services.

The team also works to provide self-help strategies such as connecting body and mind, and managing anxiety and disrupted sleep that promote independence and prevent the need for ongoing reliance on emergency services.

Restoring + De-escalation

Safe Space



Safe Space is an alternative Crisis Support service, delivered by a team of peers who have lived experience, offering a 7 day service from 2pm to 2am, 365 days per year.

We help people with their mental health recovery journey. We provide support at the time of crisis, bringing in partners where needed who contribute to the recovery pathway, and offer a wide range of activities delivered by the People Focused Group from the Wellness Centre, to ensure long-term health and wellbeing.

We receive referrals and work in partnership with the RDaSH (Rotherham Doncaster and South Humber NHS Foundation Trust) Mental Health Crisis Team; Yorkshire Ambulance Service; and South Yorkshire Police.

Resilience + Prevention continued...