

## What we do

Second Thoughts East Yorkshire is a charity supporting people managing their mental health in East Yorkshire and nearby surrounding areas.

One in four people will experience a mental health problem at some stage of their life. This may be depression, anxiety, bipolar disorder, other psychotic problems or trauma.

We offer support for people in small groups of 4 - 6 people, covering anxiety management, valuing yourself, confidence building & assertiveness.

For some people, even small groups can be too intimidating. We can offer some 1 to 1 support first to help them build up to joining a group later.

We support employers too, thereby helping employees to retain their jobs and manage their mental health without additional worries of becoming unemployed. This can be through mental health awareness workshops, or support on developing a mental health policy including managing work based stress.

We also have a minibus and can take people living rurally to therapeutic activities including woodworking and gardening to improve mental health.



### Second Thoughts East Yorkshire

**Our normal working hours are  
9.30am - 4.30 pm,  
Tuesday to Thursday.**

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### Second Thoughts East Yorkshire (STEY)

**9A Southgate  
Market Weighton  
East Yorkshire  
YO43 3AF**

***Promoting good mental health  
across East Yorkshire  
for people aged 18 and over.***

### **Small Group Support**

We run peer groups of 4-6 people at local venues. Then over 4 weeks, 3 hours per week, we cover 'confidence building', 'assertiveness', 'anxiety & management', 'appreciating your own skills' and 'improving effective communication skills'. We also help with CVs and job searching if wanted.

### **Online Support**

We may also support people by phone, or through online group workshops via Zoom. Ask us for more details.

### **One to One Support**

Even small groups can be a little too overwhelming for some people, so we offer occasional one to one support so people can feel more comfortable and supported, then move on to small groups at a later stage. Meetings can be at your own home, at a local café or sometimes at other charity premises where appropriate.

### **Self Help Groups**

We have supported three self help groups to form in Beverley, Driffild and Withernsea. All three are fully independent now, Some people may want to go along to one of them, or perhaps form a new peer group of your own. We can help you to do that too so that support is ongoing after our small group workshops finish.

***We aim to respond asap, but we are a small charity, so it may be a day or so before we can get back to you.***

### **Rural Isolation**

Living in the countryside or villages can be wonderful, but equally it can lead to isolation and loneliness, particularly if someone has anxiety and depression.

### **Therapeutic Activities**

Using our minibus, we can pick people up and take them to activities which boost mental health, such as woodworking and gardening projects.

### **Working with partners**

Providing transport to projects in Hull or elsewhere, we work closely with partner agencies such as Recycling Unlimited in Hull. This means that our participants can join in meaningful activities which boost self confidence, provide social interaction and a little routine, all in a supportive and friendly environment.

### **Outings for Groups**

We also use the minibus to take the self help groups out for days away.

We have taken trips to Bridlington, Filey, Hornsea, Normanby Park and several garden centres. The groups decide where they would like to go and we try to facilitate as much as possible.

**NB - all of our services to individuals are completely free of charge**

### **Support for Employers**

When people suffer from mental health problems they may feel too embarrassed to disclose them. This actually exacerbates the problems and often debilitating depression sets in.

If support is given early, it is usually manageable and problems such as long term sick leave or personality clashes can be avoided and managed.

### **How To Spot the Signs**

We can support employers through providing mental health awareness, anxiety management techniques and using our simple proformas during supervisions or management meetings to identify problems before they become too deeply entrenched. We can also help employers create a mental health policy and develop work based stress support.

### **The Benefits**

The cost of recruitment, induction, training and customisation with your firm or agency's methods can be huge. We can help to reduce that through effective early intervention.

### **Cost**

Up to 2 hour workshops have no fixed charge, but we welcome donations. Half or full day workshops, and lengthy continuing support may incur modest costs to cover expenses.