

## What can I expect?

Once a referral has been made the Reach team will make contact to let you know it has been received. We will then arrange to meet with you and your caseworker or lead professional to have an initial chat about what support you need and to learn more about you. Our team work across Bradford, Airedale, Wharfedale and Craven so we can arrange to meet with you in a place that works for you. We can also offer appointments over the phone.

You can expect regular, weekly contact from our dedicated team for up to 6 months and there are opportunities for onward referral to our other services within The Cellar Trust.

## Contact us

If you would like to know more about this service please speak to your Care Coordinator or Social Worker.

Alternatively you can email us at [reach@thecellartrust.org](mailto:reach@thecellartrust.org)



Scan the QR code to visit our website

- ✓ We offer translators and British Sign Language to make our services accessible to all. Please tell us how we can best support you.

## Reach

Delivered by



# Reach

Support to achieve  
your well-being goals



## What is Reach?

Reach (previously the Wellbeing Service) is here to provide one to one support for up to 6 months to identify your personal goals and to work together to support you to achieve them. We can also support you to access groups and other services based on where you live and your interests. What's important is that we will be working together on what you want to achieve, in the way you would like to achieve it.

Reach is not a clinical service but is delivered by experienced colleagues who specialise in mental health. Some of our team also have their own lived experience of mental health difficulties and recovery and are Peer Support workers.



## Who is this service for?

The service is for anyone who is currently on a waiting list or currently accessing secondary mental health services including Community Mental Health Teams (CMHT), Early Intervention in Psychosis (EIP) and Specialist Mother and Baby Mental Health Service (SMABHS). We will work alongside those who are supporting you so that we understand your needs and you benefit from your time with us.

Reach work as part of the NHS and local authority team but is delivered by 3 local charities: The Cellar Trust, Project 6 and HALE.

## How can I access this support?

You should be offered this service if you are on a waiting list or currently accessing secondary mental health services but you can also ask the person who is supporting you such as your Care Coordinator or Social Worker to make a referral for you.