


Hunts Mind Mission Statement


Our mission is to support people who experience mental ill health to take control of their lives through the provision of a range of services and opportunities that promote independence and choice.

Hunts Mind Quality Statement

Hunts Mind has adopted Mind's values and principles and is committed to providing quality services that anticipate, meet and exceed the needs of service users, workers and other stakeholders.

Diversity ensures that all people are valued as individuals and are able to maximise their potential and contribution to Hunts Mind and to the community. It recognises that people from different backgrounds can bring fresh ideas and a different approach, which can make the way we work and learn more fun, more creative, more efficient and more innovative.

 Hunts Mind will actively encourage diversity to maximise achievement, creativity and good practice and to bring benefit to individuals and communities.

 Hunts Mind encourages all people it works with and for, to contribute to an environment in which people feel comfortable, expressing how they feel and what they need, knowing they will be treated with respect and that their contribution will be valued.

For information contact

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Hunts Mind



For better
mental health

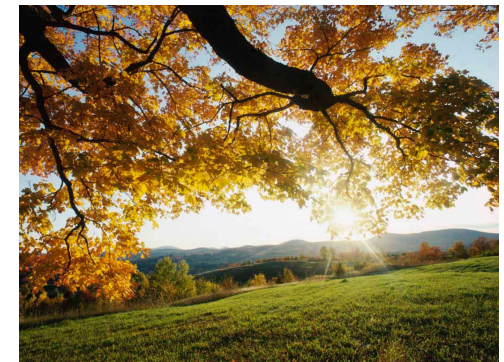
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Changing Lives Project



Are you experiencing
feelings of
Low mood?
Anxiety?
Low self esteem?
Stress?
Finding it difficult to cope?

Our service may be able to
help you



Changing Lives Project

✿ Hunts Mind is proud to be part of the Cambridgeshire wide Improving Access to Psychological Therapies service (IAPT) which is commissioned by NHS Cambridgeshire.

✿ We deliver low intensity evidence based, brief interventions to people who have low to moderate mental health needs and who have been identified as being likely to encounter difficulties accessing the other IAPT services for reasons of social exclusion or other issues.

✿ Our service is available to residents of Huntingdonshire, March and Wisbech. We also will be working with prisoners in Littlehey Prison.

What we can offer

- ✿ Support to access computerised CBT (cCBT) packages
- ✿ Guided self-help
- ✿ Group based therapy
- ✿ Emphasis on physical wellbeing
- ✿ Support in accessing community facilities
- ✿ Support to access educational facilities
- ✿ Support to access exercise and leisure facilities
- ✿ Referral for employment support
- ✿ Referral to counselling services
- ✿ Referral to high intensity therapist

Referral Process

- ✿ The IAPT Team
- ✿ Gateway workers
- ✿ Richmond Fellowship



We look forward to hearing from you

**For further info contact-
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