



Your First Meeting with the Lancashire Early Intervention Service (EIS)

Talking about mental health can be really hard, especially if you are asked to talk about issues with a person who you do not know. Many people are frightened to ask for help because they do not know what is happening to them. Knowing where to get the right information can be difficult.

The Lancashire Early Intervention Service aims to provide practical advice, support, information and a better understanding to individuals and their families.

The team consists of experienced mental health practitioners including nurses, social workers, occupational therapists, psychologists and doctors.

Our first meeting with you will allow you to discuss your current difficulties with members of our team. With your help we will be able to agree the best way forward.

If you have any questions about our service prior to seeing any of our team do not hesitate to contact the Lancashire Early Intervention Service in your area.

East Lancashire: ☎ 01254 226930

Central & West Lancashire: ☎ 01772 645761

North Lancashire: ☎ 01253 657470

We look forward to meeting you.

Your views and experiences are important to us, therefore we invite all service users and carers to take part in ongoing research to improve the effectiveness and quality of the service we provide. This can be discussed at your first meeting.

Other Useful Contacts:

Rethink
☎ 020 7 330 9100
www.rethink.org.uk

Samaritans
☎ 08457 90 90 90
www.samaritans.org

NHS Direct
☎ 0845 4647
www.nhsdirect.nhs.uk

You can learn more about the Lancashire Early Intervention Service by visiting our website:-

www.hope-health-recovery.org.uk
Email: info@hope-health-recovery.org.uk