

Our Service

- We are a specialist advice service for Mental Health Service users in Sheffield.
- We can help you with your benefits, debts and housing problems.
- We can help you with work related issues and many other areas of daily life that may be causing you stress or anxiety.

THE SERVICE IS:

- **FREE**
- **CONFIDENTIAL**
- **INDEPENDENT**

Unfortunately, due to lack of resources we are only seeing inpatients on the psychiatric wards and people using the Mental Health Home Treatment and Crisis Intervention Teams in Sheffield.

How can you get advice from us?

For patients at the

MICHAEL CARLISLE CENTRE

**There is a DROP-IN
on TUESDAYS - 10am-12 noon**

For patients at the

LONGLEY CENTRE

**Appointments can be made on
Wednesdays by phoning
271 8025**

TELEPHONE ADVICE

Phone 271 8025

**on MONDAYS - 10am-12 noon
(Suspended until further notice)**

**Appointments can be made by
phoning 271 8025
and leaving a message on the
voicemail**

**Alternatively, you can fax us on
271 8683**

The Mobile Service

Is for people using Mental Health Services at the following site:

- **ST. WILFRID'S DAY CENTRE**

3 Thursday afternoons out of 4
(Drop-in)

**For details of when the service
is available at this site**

**Phone one of our advisers
on
271 8025**

If you need to be visited at home we will do our best to come out and see you.

Volunteering and Training Opportunities

There are many volunteering opportunities at the Bureau, where you can use your existing skills or develop new ones.

You could be involved with administration tasks, using IT skills, fundraising, becoming a trustee or even giving advice to clients etc.

The Bureau specialises in training Mental Health Service users and ex-users to be volunteer advice workers.



If you would like more information about this or volunteering in general, please phone 271 8025.

If you have a complaint or have any suggestions as to how our service can be improved or would like to say something positive, please contact:

Lesley Faithful – Manager
Sheffield Mental Health CAB Ltd
Michael Carlisle Centre Nether
Edge Hospital
Osborne Road
Sheffield
S11 9BF

Or you can contact us by email:
smhcab@cabnet.org.uk

(Unfortunately, we are unable to give advice via email.)

We're on the Web!
Our website address is
www.smhcab.org.uk



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Registered Charity No: 1089383
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**SHEFFIELD
MENTAL
HEALTH
CITIZENS
ADVICE
BUREAU
LIMITED**

*An advice service for
Mental Health Service
Users in Sheffield*