

Heads Up!

You may be wondering...



What is 'Heads Up'?

Heads Up is an NHS mental health service in City and Hackney for young adults (18-35 yo) who are struggling with their mental health. This might include having 'unusual experiences', such as hearing voices, seeing things or feeling suspicious or paranoid.

Often, unusual experiences get worse when we're under stress. They can also be linked to painful past experiences, including traumatic experiences. Some people who have unusual experiences are at risk of developing more serious mental health problems, such as psychosis. We want to offer support before this happens.

Can I bring a friend, family member or partner?

You very are welcome to bring one or several people to appointments with you for support. If you do not want to involve your family or friends, that is also okay.

Do you prescribe medication?

If you want to, you can meet with a medical doctor who will talk to you about how medication could help, and about possible side effects. It is up to you whether you want to take medication.

Do you work with people who take drugs?

Many people under our service use drugs or alcohol to cope. If you think your drug use is making you feel worse, we can help you get support and advice around this.



How can 'Heads Up' help me?

'Heads Up' is here to help and can offer you:

- * Support from a key worker
- * Talking therapy with a psychologist
- * Meetings with a medical doctor
- * Practical support with employment, education, benefits and housing



What will happen if I'm referred to 'Heads Up'?

We will contact you by phone to arrange a first meeting. If Heads Up is the right service for you, we offer support for up to two years. If Heads Up is not the right service for you, we will link you in with different support. We usually meet with people several times before making a decision.

How do I get in touch?



Anyone can request a referral to us by speaking with your GP.

Please don't hesitate to contact us. 'Heads Up' is here to help.

NHS

East London
NHS Foundation Trust