



# Safe Harbour Inverclyde

## Service Information

### What is Safe Harbour Inverclyde Emotional Support Programme?

Safe Harbour Inverclyde is an asset based psychosocial alternative talking therapy which provides emotional support for the people of Inverclyde. The aim of our service is to improve and increase Emotional Resilience by supporting and working alongside emotionally vulnerable people to enable the person to self-manage their own complex life issues.

Following a successful three-year pilot of the project, Safe Harbour Inverclyde was awarded funding for five years from the Big Lottery Fund in December 2015. This has enabled our service to evolve, grow and continue to provide Emotional Support to the Inverclyde Community.

The Safe Harbour Model evidence base has shown that by focusing on, building and increasing the emotional resilience of the individual we can have an indirect impact on mental health issues such as depression, anxiety, PTSD, anger and life traumas.

The Safe Harbour programme gives the person an opportunity to look at the underlying reasons that have contributed to the way the person feels emotionally and explore the impact that their negative emotions have on their day to day lives. Our Emotional Support Workers will support each individual person with exploring their own Emotional skill base and coping mechanisms to manage or change the cycle of negative emotions that they are experiencing.

Safe Harbour Inverclyde has supported individual clients with a range of presenting issues, such as anxiety, stress, bereavement, relationship issues, domestic abuse, childhood trauma, self-harm, eating disorders and gender / sexuality issues.

### What support do we offer?

#### Initial Telephone Support

On receipt of completed GP referral the person is offered ongoing telephone support from their Emotional Support Worker while on the waiting list. This enables the Emotional Support Workers to monitor any possible risk and build a supportive and positive relationship as the basis for future therapeutic work.

At present our waiting list is sixteen weeks, however we stress that we monitor clients closely and endeavour to engage with clients as soon as possible.

#### One to One Sessions

The Safe Harbour model is delivered by our fully trained Emotional Support Workers within our safe and comfortable therapeutic rooms.

Clients are offered one to one sessions with their Emotional Support Worker on a weekly basis. During their sessions, clients will follow the tools of the Safe Harbour model to develop their emotional resilience and improve their emotional wellbeing.

We initially offer a twelve-week programme; however, we will review with the client on a regular basis the length of each individual session and the length of time support maybe required at the service as this may differ depending on the complexity of the individual needs and issues of the client.

### Walk and Talk

Clients are offered the option of undertaking walk and talk sessions, which can vary in length and location depending on the needs of the client. Carrying out sessions while walking can help with issues such as isolation, phobias and physical health.

### HeartMath© Stress Management

Our Emotional Support Workers are trained to deliver HeartMath sessions. HeartMath is an NHS approved stress management bio-feedback tool which can be used to monitor stress levels and teach better coping mechanisms for stressful events.

## How to Make a Referral:

We currently accept referrals from GPs within the Inverclyde area, however we hope to re-open our referral pathway to other Health Professionals when we have the capacity to do so.

If you believe that a patient may benefit from receiving the service, please fill out all sections of the Safe Harbour referral form and send completed forms back to our office.

Due to the nature of our service we are unable to provide a drop-in service.

If you would like to speak with a member of staff about a potential referral, or if you have any queries about the referral process, please call the office on **01475 892197**.

Once a referral is made to us, we will ensure the GP referrer is kept informed will of the client's engagement with the service, if requested. Reports on the progress of the client can be requested – however we will only send this with the client's permission.

### Criteria for Referral:

- The client must be over 16 years old and not on a supervision order.
- The client should live within the Inverclyde area.
- To ensure that we are not impeding on the work carried out by other services, we ask that the client is not currently engaging with other forms of talking therapy when referred to Safe Harbour.
- Due to the nature of the work carried out within the Safe Harbour sessions, clients with substance misuse issues will benefit more from the service if they have a level of stability in place at the point of referral.

### Further Information:

If you have any questions, or would like any further information about our service, please contact us:

**By Phone:** 01475 892197

**By Email:** [info@safeharbour.org.uk](mailto:info@safeharbour.org.uk)

**By Post:** Safe Harbour Inverclyde, 2A Newton Street, Greenock, PA16 8UH