

Supporting people living with mental health conditions

Over the years we've supported countless people living with complex conditions that include mental health needs as well as those living with dual diagnosis. Our approach means that we always focus on the individual, tailoring our support to meet each person's unique needs.

Having good mental health is key to leading a positive and meaningful life.

Long-term conditions can't be cured, only managed. They come with a risk of social isolation, low self-esteem, stigma and discrimination - which can give way to mental health conditions without the right support.



- ✓ Bespoke plans
- ✓ Specialist support teams
- ✓ Wellness Recovery Action Plans
- ✓ Ongoing reviews

We offer support in all aspects of a person's life, which can include mental health, physical health, self-care, relationships, living skills, addictive behaviours and self-esteem. Working closely with each person and their network of support, we enable individuals to move forwards in their journey, learn to accept help and become more self-reliant, all of which helps them to believe in their unique value and worth to the people around them and their community.

All of our support is carefully planned collaboratively with each person, their family and care professionals, ensuring that everyone's voice is heard, and the plan is tailored to reflect all needs and wishes. We also meet regularly to review, celebrate successes and discuss any adaptations needed, keeping in line with Mental Health Act requirements.

Our support options

- ✓ Supported living
- ✓ Self-contained flats and houses
- ✓ Community settings
- ✓ Flexible levels of support

We provide support for those living with mental health conditions in the community through our supported living services. Our self-contained flats and shared houses located in the heart of communities give people the opportunity to live independently whilst having 24-7 access to support from our specialist and dedicated support teams.

Recovery from certain types of mental health conditions is a journey of self-discovery and personal growth, often involving transitions back and forth through many different phases. Our aim is to be there for people during this journey, offering guidance and encouragement to realise their self-worth and what they have to offer, helping them to build a new sense of purpose.

Emily's story

Emily was diagnosed with a personality disorder and depression a few years ago and had been in and out of hospital. Our support team, working alongside her community psychiatric nurse and psychiatrist employed cognitive behavioural therapy techniques which enabled Emily to develop positive coping strategies and take responsibility for staying safe.

With increased self-confidence and self-esteem, Emily moved from 24-7 supported living to a housing association flat where she is now able to identify her triggers and manage her condition independently. Today, Emily is able to drive, is a volunteer and is carving out a career as a trainer, helping care workers and prison officers gain professional qualifications.

Emily says: "I'm really proud of my achievements. I wouldn't be where I am today without the support of my Lifeways support team who believed in me all the way. Now I also believe in myself."

Make a referral or arrange a visit

Learn more about the independent living that we provide, make a referral or arrange a visit by contacting Lifeways:

Call **0333 202 7185**

Email referrals@lifeways.co.uk

Or find out more at lifeways.co.uk

yes
to progress

