

MENTAL HEALTH SUPPORT

Our organisation provides a support service for people suffering with mental health.

Our staff and volunteers are available to provide support to people from all age groups and backgrounds in the form of:

➤ *Advice and Information*

For Example: how to cope with a diagnosis, providing support for a family member / support your family, benefits you are entitled to, housing, employment and so on.

➤ *Advocacy*

This will be required if you are in need of professional help to appeal against an unfair decision made against you or any representations that need to be carried out on your behalf.

➤ *Referrals*

If you need to be referred to other organisations, groups or professional services we will be able to help you get the help you need.

➤ *Practical Support*

Such as: help around the home, support when attending appointments, an escort to enable you get out to the local shops or high street etc.

➤ *Mentoring*

➤ *Peer Support*

We will work with you to provide support and advice to enable you to support yourself (and your family) for the future. Through acquiring information and learning new skills (such as practical skills) which will enable you to maximise your performance to achieve your potential and become the person you want to be.

This support will be provided in a range of ways including:

- One-to-one Support
- Outreach Support
- Group Support
- Partnerships with other organisations or agencies
- Workshops
- Via Email, the phone and in person

In addition our staff and volunteers will be available to provide:

➤ *General Support*

This will cover anything not listed above. If you need help or have any questions which we have not covered then please contact us and we will try to assist you.

REFERRAL

If you or someone you know would benefit from this service please contact us at

info@cassadvice.org or on 020 3538 4418

Providing the following details (if possible):

- Name of the person who will be receiving the support
- Contact Details of the above person
- Name of the referring organisation / person
- Contact Details for the referring organisation / person
- Age and Circumstances of the person receiving the service
- Any additional information you feel is relevant or that we need to know

Please feel free to contact us by email with any questions you may have prior to referring yourself or someone else for support.