

MENTAL HEALTH SUPPORT



Supporting Recovery, Promoting Independence, Empowering People

About Our Service

We provide flexible, person-centred mental health support across Sheffield, helping individuals develop the skills, confidence and resilience needed to live independently and achieve their personal goals.

Our experienced team works alongside individuals, families, social workers, Community Psychiatric Nurses (CPNs), Community Mental Health Teams (CMHTs), forensic services and community organisations to deliver tailored support that promotes recovery and positive outcomes.

We understand that every individual is different, which is why we take a personalised approach to support, adapting our services to meet changing needs and aspirations.

Our Commitment

We are committed to delivering high-quality, person-centred mental health support that enables individuals to live independently, engage with their communities and achieve their goals. Supporting recovery, promoting independence and creating opportunities for positive change.

Areas We Cover:
Across the whole of Sheffield



0114 258 1093

Our Specialisms:



We support individuals with:

- Severe and enduring mental illness (SEMI)
- Schizophrenia and psychosis
- Personality disorders
- OCD, eating disorders, anxiety and depression
- Complex mental health needs
- Dual diagnosis
- Substance misuse recovery
- Social isolation and community integration
- Housing, education, training and employment support
- Crisis prevention, recovery and independent living
- Our experienced staff support people with complex needs, including those requiring multi-agency support or who have experienced difficulties engaging with services.

Our Support Includes:



Mental Health & Wellbeing

- Emotional wellbeing and recovery-focused support
- Building confidence, resilience and coping strategies
- Support to access mental health services and appointments.

Independent Living

- Daily living skills, routines and budgeting
- Managing correspondence and maintaining a safe home.

Housing Support

- Tenancy sustainment and housing applications
- Liaison with housing providers and homelessness prevention

Community & Opportunities

- Reducing isolation and accessing community activities
- Support with education, training, employment and volunteering.

Advocacy & Coordination

- Helping individuals have their voice heard
- Working with families, professionals and partner agencies.

What Makes Us Different:



- **Experienced Mental Health Specialists** – Highly trained support workers with extensive experience supporting people with serious and enduring mental health conditions.
- **Person-Centred Matching** – We carefully match individuals with support workers based on their personality, communication style, cultural needs and support requirements.
- **Flexible, Collaborative Support** – Tailored support that adapts to changing needs, with strong partnerships across mental health, housing, health and community services to deliver joined-up care.

Success Story – Supporting Recovery & Employment



An individual with complex mental health needs was supported to build confidence, develop independent living skills and engage with their community. Over 12 months, they reduced their support needs, secured paid employment and gained the confidence to manage their mental health more independently, demonstrating the positive outcomes of personalised, recovery-focused support.