

## For more information

To find out more about the service or to talk to us about the support that we can provide, please contact us on:

**T: 0203 727 3600 or 01923 727356**

**E: [css@hertsmindnetwork.org](mailto:css@hertsmindnetwork.org)**

## About Hertfordshire Mind Network

We deliver essential mental health support in Hertfordshire, providing a diverse range of services from our seven Wellbeing Centres and other venues across all ten districts of the county.

Funded locally, our services are available to all residents in Hertfordshire over the age of 18 and we offer dedicated services for 5-18 year olds.

We create opportunities for individuals experiencing mental ill health to make choices, find their solutions, build resilience and manage their wellbeing.

Our services are based on the principle of self-help with a strong emphasis on prevention, personal development, self-management and improving health and wellbeing.

For more information on the range of services Hertfordshire Mind Network offer, please visit [www.hertfordshiremind.org](http://www.hertfordshiremind.org)



# Community Support- Service

 mind Hertfordshire Network



Last updated Oct 2023

Herts Mind Network is a registered charity No. 112487 and a company limited by guarantee No. 5532977

## About the service

Our Community Support Service is here to provide advice, information and holistic outreach support to people who are experiencing mental ill-health and drug/alcohol difficulties.

We work alongside you to develop an individually tailored package of support that meets your needs, working with you to find the solutions that are right for you.

Our high quality service is flexible and will help you to resolve real-life difficulties and to improve your own independence, quality of life and wellbeing.

We work in partnership with local agencies such as district councils and a wide range of voluntary sector organisations.

“The service offered me support in a way drink and drug services couldn’t. My worker helped me rationalise my thoughts more clearly and understand my mental health”



## How can we help?

The areas of support will be built around your needs, to help you with the goals that are most important to you. We can provide:

- Emotional and practical support
- Help to improve your health and wellbeing
- Housing related support and advice, including homelessness
- Support with benefit applications
- Assistance in dealing positively with neighbourly disputes
- Support to attend appointments with other services and community resources
- Signposting and onward referral to other services and community resources
- Help to reduce episodes of crisis
- Building life skills, confidence and self-esteem
- Support to build social networks and reduce isolation
- Family issues such as Child Protection or Child in Need concerns
- Drug and alcohol support

We can also help you to access other services, groups and activities that Hertfordshire Mind Network offers.

We can provide short-term advice, information and support, or help you with needs that may take more time to resolve. The length of the support will be based on individual need.

We can meet with you within your local community, at one of our Wellbeing Centres and can also arrange home visits.

## How to refer

To access the service you need to be an adult living in one of the following areas:

- Three Rivers District
- Watford
- Hertsmere
- Welwyn Garden City
- Hatfield
- Or have a tenancy with Paradigm Housing in Hertfordshire

We also welcome referrals from statutory and voluntary services.