

Mental Health Support Services

November 2019

Mental Health Support Services is part of Flintshire County Council Social Services. We provide a service to people with mental health issues who live in Flintshire.

Our teams work in partnership with people so that they can live more independently in the community. We can support people to manage tasks within their homes, join in with social and leisure activities, be employed, and take part in volunteering or education. The type of support offered depends upon people's own needs and wishes, and in agreement with the support services team.

Our service works within the "recovery approach", which means that people have the right to build meaningful lives for themselves and to have valued roles, regardless of their mental health problems.

Services Offered.

Mental Health Support Services is made up of a number of teams with different functions. People may be supported by more than one team in order to meet their needs and help them achieve their goals.

The **Intensive Support Team** works with people who have many difficulties or who need higher levels of support to have the confidence to live safely in their homes. The team provides one to one support to people who may be at risk of losing their homes, who have never lived on their own before or who are returning to the community after a long time in hospital or some other care setting.

For information ring 01352 730822.

The **Community Living and Medium Support Team** provides one-to-one support to help motivate and encourage people in a range of activities of their choice. This is to help people to be more independent and confident in living at home and within the community.

For information ring 01244 845400.

Growing Places and **Double Click Design** are work services which support people in a safe environment to be more confident and to develop work related skills and qualifications. People are encouraged to become involved in the local community, and work services are sometimes a "stepping stone" into paid or voluntary work.

Growing Places is a community gardening service, which also has an allotment and poly-tunnels which are used for growing and potting plants. They also undertake woodwork projects and restoration and upcycling of furniture.

Double Click Design is a computer design and print service which produces leaflets, brochures and other printed materials. It is now an independent Social Enterprise and no longer part of Social Services but still takes referrals via Mental Health Support Services. Both services give people opportunities to learn and take part in every aspect of the running of the businesses (including administration, finance and marketing).

**For information ring Growing Places on 01244 831056
or Double Click Design on 01244 846411.**

November 2019

Next Steps provides support and guidance for people to enter education, training, voluntary work and employment. They can also support people to stay in work if already employed. Support can be provided whilst still receiving benefits and support from other services. Next Steps team works closely with other organisations such as Job Centre Plus, Careers Wales, the volunteer centre, and local universities and colleges.

For information ring 01352 705990 or 01244 637115.

Social Links supports individuals and small groups to take part in social, recreational and leisure activities. The team works with people who want to join in with community groups and facilities which they are interested in. They also run a number of drop-ins across Flintshire both during the week and at weekends.

For information ring 01244 810185.

How to Access Mental Health Support Services.

Mental Health Support Services generally provide community support to adults in Flintshire who have serious and long term mental health problems. This means that people usually need to be open to and referred by a Care Co-ordinator based in one of the Flintshire Community Mental Health Teams or Community Rehabilitation Team.

Social Links and Next Steps in addition provide a service to people who have been referred by Substance Misuse Team. Next Steps will also provide support to those people who are referred by the Primary Care Mental Health team. Social Links have a number of groups (including the drop-ins) for people who are affected by mental health problems but do not have a Care Co-ordinator, Case Worker or Keyworker.

To find out if you can be referred to one of these services, please speak to your Care Coordinator, Case Worker or Keyworker or ring one of the contact numbers provided above.

Other Information about Support Services.

Mental Health Support Services operate flexibly between the hours of 8.00am to 10.00 pm week days and 9.00am until 10.00pm at weekends, with reduced services on bank holidays.

We make no charge for mental health services.

Information about people who use the services will be kept confidential between the person, Care Co-ordinator, Support Services and a named carer (if required). This confidentiality will only be broken if there are concerns about any risk of harm to the person receiving the service, or to another person.

Our website is at: www.flintshire.gov.uk/mentalhealth

Mae'r ddogfen hon ar gael yn Gymraeg. Cysylltwch â 03000 858 858 i gael fersiwn Gymraeg. This document is available in Welsh. Please contact 03000 858 858 for a Welsh version.

Ref: H1