

Social Support for Adults Experiencing Difficulties with Their Mental Health



- **Social Drop In Groups**
- **Befriending Services**
- **Inclusion Support Service**



Promoting
independence

changing
lives

Meet people who share similar experiences

Social Drop In Services provide a safe place for people with mental health difficulties to go. There are opportunities to meet people who share similar experiences. Staff are available to give support. They can also give advice and information about other services available in your area.

Help to build confidence and self esteem

Volunteer Befriending Services support people who are experiencing mental health difficulties and are socially isolated. They meet with people on a one to one basis to do ordinary, everyday things which help to build confidence and self esteem. For both these services there is a referral process which includes self referral.

Build bridges back into their communities

The Inclusion Support Service helps people with mental health problems to build bridges back into their communities. The service works with people on a one to one basis. An Inclusion Support Worker will help a person work out what they want to do, identify the opportunities to do these things and go with them initially to introduce them to their activities of choice. Referral to this service is required.

Mainstream activities & peer groups

An Inclusion Development Worker works in the Community to identify opportunities and support peer groups.
Contact: (0116) 278 0228

Who can use these services

Social Drop-in, Befriending, and Inclusion Support services will be available to anyone suffering from mental health difficulties irrespective of whether they are supported in primary care, are homeless with mental health issues, or have current contact with the specialist mental health service.

Details about services/organisations for people from black and minority ethnic communities are listed on the back page of this leaflet.

Pathway to these services

You can contact these services yourself if you want to find out more. You can also talk to people you are already involved with if you want to be referred for these services. Some of these may be;

- Doctor
- Practice Therapist
- Community Nurse
- Psychiatrist
- Social Worker
- Hospital Staff
- Access Team



For more Information about the Inclusion Support Service, please contact the service provider in your area:

Inclusion Support Service West Leicestershire Team
(0116) 278 0228.

Inclusion Support Service East Leicestershire Team
(0116) 305 5873

For more Information about the Social Drop In and Befriending service, please contact the service provider in your area:

Hinckley & Bosworth and North West Leicestershire - contact West Leicestershire Mind Tel: (01455) 890 168

Blaby District, Oadby, Wigston, Lutterworth and surrounding villages including Black & Minority Ethnic Community services in Oadby and Braunstone - contact Mental Health Project, Voluntary Action Blaby District Tel: (0116) 272 7669

Charnwood - contact: East Leicestershire Mental Health Social Support Service Tel: (01509) 218 959 and Adhar Project for Black and Minority Ethnic Community Services Tel: (0116) 220 0070

Melton and Market Harborough Social Drop In service

For more Information please contact: East Leicestershire Mental Health Social Support Service Tel: (01509) 218 959

If you require this information in an alternative version such as large print, Braille, tape or help in understanding it in your language, please contact 0116 305 7404.