

What is our philosophy?

The Mental Health Support Service:

- Does not discriminate on the basis of race, gender, religion, sexuality, and disability
- Aims to provide support in the most useful way to service users and their carers
- Treats the information people give us with respect
- Recognises that service users have strengths to build on, not just needs
- Recognises that service users may take time to get to know workers and use support
- Recognises that sometimes people have problems in a number of areas of their lives
- Aims to work in partnership with other services

Areas we cover:

You may be able to use this service if you live in the North-East and parts of the East areas of Leeds, or see a GP who is based in this area. Some of the places this includes are:

Chapelton, Little London, Meanwood, Harehills, Seacroft, Burley, Hyde Park, Headingley, Woodhouse, Crossgates, Halton, Halton Moor, Richmond Hill, Whitkirk, Colton, Swarcliffe, Scholes, Barwick-in-Elmet, Wetherby (and surrounding areas such as Bardsey, Clifford, Bramham, Boston Spa) and some parts of Moortown and Roundhay.



Community Links – Mental Health Support Service

Who are we?

The Community Links . Mental Health Support Service is a team of Mental Health Support Workers who work with adults (16 years and over) with mental health problems to overcome some of the day-to-day difficulties they might encounter.

The service includes two Mental Health Support Workers with relevant knowledge and language skills who can work with Black and Asian people.

How can we help?

The support workers can help with:

- Getting out and about
- Managing at home
- Coping with worries
- Learning skills
- Help in tackling problems
- Linking to other services

The Mental Health Support Service also provides support to carers (such as families and partners) who may be supporting you. For example this may allow them to go out while a support worker supports you.

How to get in touch?

You can refer yourself or you can be referred by anyone else involved in your care.

Self referrals are initially by telephone. Other people referring you can send us a completed referral form or phone us to make the referral.

You can speak to a Mental Health Support Worker on (0113) 262 0033 or contact us by post at the following address:

**Community Links –
Mental Health Support Service
Jamaica House
277 Chapeltown Road
Leeds LS7 3HA**

You do need to be registered with a GP in one of the areas that we cover. (Please see back page).

Your referral will be placed on our waiting list until space becomes available.

What happens next?

A worker will then contact you within 14 days to arrange a visit. The purpose of the visit is to talk about how we might help you and give more information about the Service.

If we can help then a support worker will start to visit you and get to know you.

After getting to know you better the support worker will work with you in drawing up a plan for the support they will offer.

The support plan will be the basis for help the worker offers and will be a way of looking at how the support is going.

We will work alongside other people who support you so support plans and information can be shared with them.

There is no fixed length of time a support worker will see you but contact should have value and purpose.

Support visits can be offered between 9.00am and 7.00pm on weekdays and weekends.