



Specialist Mental Health Service



Supporting you to improve your mental health

Are you living with a mental health condition which affects your day to day life and emotional wellbeing?

Would you benefit from one-to one support from our dedicated recovery support service?

Our service offers both practical and therapeutic support services in your home or at our office to suit your needs:

We are here to help you.

If you have a social worker or mental health team, please discuss referral options with them.

Alternatively, contact us for support by telephone, or pop into our office to chat to one of our friendly team about support we can offer.

 <https://www.facebook.com/supportedstepsCIC>

 <https://www.instagram.com/supportedstepscic/>

 <https://twitter.com/Supportedsteps>

Practical support:

- Attending appointments and classes
- Supporting to social activities
- Exploring religious and spiritual pursuits
- Medication support
- Healthy eating and cooking support
- Shopping
- Cleaning support
- Hygiene and self-care support
- Support with employment, housing issues
- Support for families and carers
- Drop ins

Therapeutic work:

- SMART goal setting
- Healthy relationships and boundaries
- Art therapy
- Anxiety and challenging negative thoughts
- Building confidence and self-esteem
- Self-care and coping tools
- Understanding and managing mental health
- Vision boards
- Substance misuse
- Grief and loss
- Self-harm
- Social inclusion
- Mindfulness and meditation
- Food and mood



www.supportedsteps.co.uk

For more information email enquiries@supportedsteps.co.uk or contact us 01214 318001
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