How can you refer to the service

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

- Three Rivers District
- Watford
- Hertsmere
- Broxbourne
- Or have a tenancy with Paradigm Housing in Hertfordshire

We also welcome referrals from statutory and voluntary services.

Telephone number: 0203 727 3600 or 01923 727356
Email: css@hertfordshiremind.org

About Hertfordshire Mind Network

We deliver essential mental health support in Hertfordshire, providing a diverse range of services from our seven Wellbeing Centres across the county. Funded locally, our services are available to all residents in Hertfordshire over the age of 18 and we offer dedicated services for 10-18 year olds.

Our aim is to create opportunities for individuals experiencing mental ill health to make choices, find their solutions, build resilience and manage their whole life and wellbeing.

For more information on the range of services Hertfordshire Mind Network offer, please visit www.hertfordshiremind.org

Please scan the QR Code for more information.

Three Rivers Community Safety Partnership
WATFORD BOROUGH COUNCIL BE BOLD
BOROUGH OF BROXBOURNE www.broxbourne.gov.uk
CSP HERTSMERE COMMUNITY SAFETY PARTNERSHIP
Paradigm

Community Support Service

mind Hertfordshire Network

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.

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.