



Leeds Mind

# Providers of Self Directed Support

## Developing Social Links

Many of the people we support are very socially isolated. We know how this can have a negative impact on an individual's mental health and how difficult it is to join community groups when they have experienced mental health difficulties. To become better socially connected we can support people to quickly access their community resources and if necessary use our groups as a stepping stone. Our groups are there to enhance people's confidence and social skills, whilst also challenging negative thoughts/behaviours, in a safe and stimulating environment.

## Recovery Focus

**W**e have over 40 years experience of providing high quality innovative mental health support in Leeds; including services for – Housing, Employment, Peer Support, Key Working, Creative Arts, Befriending, Counselling, Training, Social Groups and Volunteers.

We have long been advocates of providing person-centred individualised packages of care. The aim of our work is to help

people build on their strengths, overcome individual barriers and become more in control of their lives. We have faith and optimism in our clients and instil hope at every opportunity. The services we deliver are built around what people need. We support people to discover their own resources to 're-cover' and to live life independently with their mental health issue.



## Practical Support

We can support a person with practical tasks such as shopping, meal planning, cleaning, budgeting, attending appointments, dealing with correspondence, tenancy issues, volunteering, accessing peer support, befriending, and with many other needs.

## Improving Mental Health

We have experienced and skilled staff who will support people to understand and develop ways to maintain and improve their mental health

## Goals and Aspirations

We know that it can be really hard to be certain about what people want to achieve in life, especially when they are or have recently experienced a mental health crisis. We also know that individual's goals will naturally change over time. We can support people to develop their support plan and work towards independence. We are familiar with assessment planning tools such as Outcome Star and can support you to use these where appropriate.

## Quality Assurance

Leeds Mind are affiliated to the national Mind organisation. One of the requirements of this is a regular external audit of our services. We also have a robust internal audit process that has been adapted to reflect the needs of an SDS service.

## Staff

We know that the positive impact of the service an individual receives is dependent on the quality of the staff and the relationship they are able to develop with the individuals they support. We take pride in ensuring our staff receive regular supervision and training, are part of the wider Wellbeing Team and understand how SDS services link in with other Leeds Mind and community services.

the community they work in and that are skilled in quickly building effective working relationships with individuals. Workers are used to lone working and following a Support Plan but are aware of the importance of liaising with other services. Workers are trained around safe guarding issues and work positively with risk.

We are proud that many of our staff have lived experience of mental health problems, and clients tell us that receiving support from someone who has been through similar challenges is invaluable.

## For Referrals/Informal Conversation

Tel No: 0113 3055800/3055802  
Email: [mark.lee@leedsmind.org.uk](mailto:mark.lee@leedsmind.org.uk)  
Fax: 0113 3055812

[www.facebook.com/MindLeeds](http://www.facebook.com/MindLeeds)  
Twitter: @leedsmind

MindinfoLine: 0300 123 3393  
Registered Charity Number: 1007625  
Registered in England Number: 2193270

