

## Who we can help

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Our service is available to anyone aged 18 and over who lives in the boroughs of Horsham and Crawley, is registered with a GP and is experiencing problems with their mental health.

If you are interested in benefiting from any of our services yourself or for someone you support please contact us for a referral form.

We'll then arrange a person-centred assessment to build a bigger picture of how we can work with you/those being referred.

**“My advisor is full of positive ideas and creative thinking to help me start my recovery”**

– service user

## What we achieve

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Richmond Fellowship has a great track record of supporting people. In 2013/14 we helped more than 2,000 individuals gain confidence and overcome social isolation through our community-based schemes.

## About RF

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We're one of the biggest voluntary sector providers of mental health support in England our focus is on providing high quality services to the **9,000 people** we help each year.

We offer a wide range of housing, care, employment and community support across more than **120 services**.



## Contact us

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To find out more about the support we can provide, contact us on:

**T: 01403 241866**

**A: Richmond Fellowship, 70 Park Street,  
Horsham, RH12 1BX**

[westsussex@richmondfellowship.org.uk](mailto:westsussex@richmondfellowship.org.uk)

[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

**HELPING  
PEOPLE  
MAKE THE MOST OF  
THEIR LIFE**

**WEST SUSSEX  
COMMUNITY BASED SERVICE**

**RICHMOND  
FELLOWSHIP**  
MAKING RECOVERY REALITY

## How we can help

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We're here to help improve the mental wellbeing of people living in Horsham and Crawley.

We provide a range of support options for people with mental health needs to access in their local community.

We work with you on an individual basis to understand your situation and to find the right solution for you, tailoring our support to meet your personal needs and aspirations.

**“Richmond Fellowship with their non-judgmental, caring approach have helped me gain confidence, self-worth and self-esteem. With their support, I can now accept myself as I am, and am starting to realise what I am capable of”**

– service user



## The support we offer

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We offer three types of support service. Get in touch to discuss what might be most suitable for you.

### Outreach

We run short and long term outreach support programmes.

Our short term support includes 12 sessions with an encouraging support worker who will work alongside you to identify and tackle your practical needs such as:

- Benefits applications, renewals, issues
- Budgeting
- Accessing and developing your interests/leisure activities/volunteering
- Accessing services for physical and mental health
- Resolving housing issues
- Developing relapse prevention strategies.

Our long term outreach support programme is for those with more enduring and complex needs who require regular support on an on-going basis. It can be funded by your self directed support package or privately.

### Contact Point

This service is for those needing advice and guidance quickly. You can access up to four, one hour sessions to resolve an issue.

#### We offer:

- Support with benefits applications, appeals and tribunals
- Housing support and information
- Support to deal with employers and other professionals
- Signposting to a wider support network.

We have no referral waiting list.

Appointments are Wednesdays 10-4pm at our Horsham office.

Please note this is NOT a crisis intervention service.

### Peer Support

Enjoy being empowered through support from a worker with shared experiences. Move along on your unique recovery journey and build strategies to live a full and independent life, explore your goals, talents and feel inspired with hope.

This service is for those who want to be in the driving seat of their journey. We offer 10 sessions with one of our trained peer mentors.