



specialist mental health home care

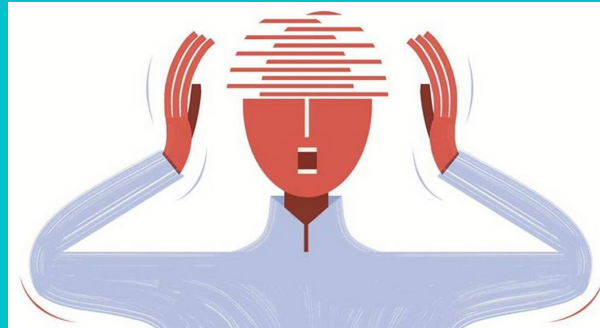
## MENTAL HEALTH SUPPORT

Free to anyone living in Bolton, who's financial struggles are impacting on their mental health & wellbeing



MAKING LAVENDER BATH SALTS DURING A SELF-CARE & COPING TOOLS GROUP SESSION HELD AT OUR COMMUNITY HUB

## PREVENTION & PROMOTION FUND FOR BETTER MENTAL HEALTH



### WHAT SUPPORT IS AVAILABLE?

- 3x hour long 1:1 sessions
- Focused support sessions provided by therapeutically trained recovery staff
- Sessions available face-to-face at our community hub, via telephone, online, or in service user's homes
- Signposting to other supporting agencies where needed to help with any longer-term support needs
- Group sessions

**FOR MORE INFO OR TO MAKE A REFERRAL,  
CALL 01204 318001 OR  
EMAIL: [referrals@supportedsteps.co.uk](mailto:referrals@supportedsteps.co.uk)**

- **Smart Goal Setting**
- **Mental Health Education**
- **Family & Carer Support**
- **Advocacy Support**
- **Recovery-based, Therapeutic Approaches & Tools**
- **Activities Supporting Personal Growth & Social Inclusion**
- **Free pick-ups & drop offs available for anyone requiring wheelchair-Friendly Transportation**



A GUIDED VISUALISATION TO SUPPORT STRESS RELIEF - DURING ONE OF OUR WELLBEING WALKS AT MOSES GATE COUNTRY PARK

