



About Rethink Mental Illness

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For more than 40 years we have brought people together to support each other. We run services and support groups that change people's lives and challenge attitudes about mental illness.

We directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. We give information and advice to 500,000 more and we change policy and attitudes for millions.

Contact our service

Rethink Mental Illness
Plymouth Community Services
First Floor
Kinterbury House
Kinterbury Street
Plymouth
Devon PL1 2DG

Phone: 01752 251072

Email: plymouthservices@rethink.org

Confidentiality

We believe in respecting and maintaining confidentiality. We will not share personal information unless we have your permission or we have a duty of care.



Leading the way to a better quality of life for everyone severely affected by mental illness.

For further information
on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

 [facebook.com/rethinkcharity](https://www.facebook.com/rethinkcharity)

 twitter.com/rethink_

 www.rethink.org

Registered in England Number 1227970. Registered Charity Number 271028.
Registered Office 89 Albert Embankment, London, SE1 7TP.
Rethink Mental Illness is the operating name of National Schizophrenia Fellowship, a company limited by guarantee. © Rethink Mental Illness 2017.



PLYMOUTH

Community Services



“Before Plymouth Community Services supported me I had not done anything for myself. I am now achieving things I never thought possible.

Being referred and supported to the appropriate services, I now have a choice and have started to believe in myself... something I never thought possible.”

Here at Plymouth Community Services we understand that recovery can be a difficult and lonely journey at times.

Our friendly and expert staff are here to travel with you, supporting you every step of the way to achieve your goals, learn new skills and also help you contact other agencies for services we may not offer.

We accept self-referrals from individuals aged 18 or over, and also referrals from other health professionals or organisations, who are living within Plymouth city boundaries.



One-to-one, goal-orientated, practical support in the community:

Our service provides short-term support tailored to the individual on a one-to-one basis – this could be weekly, fortnightly or monthly.

Support with issues related to:

- Housing
- Benefits
- Attending appointments/meetings

Types of support we could provide are:

- Apply and attend courses
- Find voluntary work
- Join new social groups
- Discover new hobbies
- Make contact with other services
- Refer and signpost to specialised services if needed

At Plymouth Community Services we offer:

- Weekly social group with monthly day trips to areas of interest
- Fortnightly pool group
- Fortnightly women’s group
- Monthly stakeholder meetings – for those using the service to feedback and tell us what we are doing well and we could do better so that our service is continually reviewed and improved

