



Support

At Plymouth Community Services we offer:

- One-to-one community support
- Weekly social group
- Fortnightly pool group
- Fortnightly young person's coffee group (18-36)
- Three monthly meetup group, visiting different areas of interest
- Monthly board game group

Confidentiality

We will not share personal information unless we have your permission or we have a duty of care.

If you have any questions about Plymouth Community Services, or would like to find out more about when groups and sessions are running, please get in touch - we'd be delighted to hear from you!



Rethink Mental Illness

Kinterbury House
Kinterbury Street
Plymouth, PL1 2DG



01752 251072



PlymouthServices
@rethink.org



**Rethink
Mental
Illness**

We are the charity for people severely affected by mental illness, no matter what they're going through.

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

rethink.org

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Plymouth Community Services



What we do

The service provides a range of support including a variety of group work and one-to-one support.

About us

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 to help you contact other agencies for services we may not offer.

We accept self-referrals from individuals aged 18 or over, and also referrals made by other health professionals or organisations, for people who live within Plymouth city boundaries.

Referring to our service

To refer yourself or someone else in to the service, referral forms can be found at www.rethink.org. Alternatively, feel free to contact us directly by phone or email and we can send one out to you for completion.

If you, or someone you know would benefit from our support or by coming along to any of our groups give us a call or email using the details overleaf - we'd love to hear from you!

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.

Types of support we could provide are:

- Apply for 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, for example, benefits and housing

All clients receive an individual support plan which is regularly reviewed, to ensure personalised interventions.

“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”

