

Bristol Mental Health Support

Flexible support with your housing, health and making connections.



Who we are

At Bristol Mental Health Support we understand that life can be difficult. Our team are here to offer support when you need it with your housing, health and making connections, helping you to turn things around and move forward with confidence.

We can help you to manage and keep your housing by:

- Looking after your wellbeing, mental health and physical health
- Making connections in your community
- Finding and applying for benefits, ensuring you have the welfare support you're entitled to
- Helping you manage your budget
- Supporting you to access employment or volunteering
- Accessing education, training or employment opportunities

How we can help

The kind of support that we offer will depend on the kind of support you need.

It might be that we can help you straight away by connecting you with a specialist support service or group.

If you have an idea of what you want to achieve and are ready to work on these goals, then you could be given a dedicated support worker.

Your support worker will initially spend up to three months with you, helping you to achieve the short term goals that will make a big difference to your situation.

We work flexibly around your needs, offering support over the phone or in person to help you move forward in a positive way.

How to get in touch

Bristol Mental Health Support is available to anyone aged 16 and over who is living in north or east Bristol (Postcode areas BS5, BS6, BS7, BS8, BS9, BS10, BS11 & BS16)

Call or Text:

07761528745

Lines open Monday to Friday, 9:30am to 5pm

Email:

enquiriesbristolmhfs@mungos.org

If you are leaving a voicemail or sending us an email or text, please leave your full name, when you are available to talk and the best way of contacting you

Once you have got in touch with us a member of our team will contact you within five working days to talk to you more about the kind of support you might need.

For more information



enquiriesbristolmhfs@mungos.org



07761528745

www.mungos.org

For more information contact:

St Mungo's, Fifth Floor, 3 Thomas More Square, London E1W 1YW

Tel: 020 3856 6000 Fax: 020 3856 6001 www.mungos.org

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