



For better
mental health

You can find us at:

The Market Building

Canal Road

Taunton

TA1 1PN



The Recovery approach

The Recovery approach aims to see our service users holistically, as complete people who have the capacity to cope with their distress in such a way that they are able to participate in a full life, developing self esteem and self determination. It aims to assist service users to identify realistic life goals, and enable them to achieve them.

Service User involvement

We involve service users in all aspects of our organisation. We have people with personal experience of mental health as volunteers, staff and board members. If you want to find out how to get involved, come along to one of our monthly service user meetings and share your thoughts.



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Re-engage



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PHONE: 01823 334906

Reg Charity Number: 1109626

Company Number: 5148414

What is Re-engage?

Re-engage is part of Peace of Mind and offers one-to-one support for people who are recovering from mental ill-health. It is focused on short term goals in any aspect of life. It is one of a number of services provided by Mind in Taunton & West Somerset.

Why does it exist?

People experiencing mental ill-health may encounter difficulties in many areas. Overcoming these is a powerful tool in recovery.

Re-engage helps individuals take small steps to make positive changes in their lives and increase their independence and personal development. Improving different aspects of a person's life leads to an overall increase in well-being.

FACT:

1 in 4 people will experience mental ill health or distress at some point in their lives

Who is it for?

Re-engage is for those who are ready to build their confidence by making their own choices. They will develop strategies for taking control and playing a greater part in the community.

How do I find out more?

You can contact Mind in Taunton & West Somerset on 01823 334906 or Jem Abram on 07854 678232
Email: JemA@mindtws.org.uk

You can also visit our website at www.mindtws.org.uk



FACT: At any one time, 10% of the population are experiencing some form of mental ill health or emotional distress.

What to expect...

Sensitive support ensures that the service user can make real changes in their lives. Throughout the process, they have as much freedom as possible to make choices and explore their potential.

After an initial informal meeting to talk about areas which would aid their recovery and in which they feel they could make progress, they agree a plan with the support worker, and set out a path to achieving their goal.

The plan consists of specific and achievable aims in areas such as widening social contacts, exploring educational opportunities or raising physical health. Over a month or two, regular meetings and reviews ensure that the focus is kept on the plan at each step until the goal is attained.