

## Are you:

- Aged 18 or over
- A resident of Middlesbrough or Redcar and Cleveland
- Living with one or more recognised long term condition(s)
- Experiencing regular or repeated admissions into hospital and feel you would benefit from emotional wellbeing and mental health support.



## The service can offer:

- One to one support
- Support to identify and set goals
- Emotional support
- Low level mental health support and intervention
- Mental health promotion to build confidence
- Information
- Signposting and referral to other organisations to meet your needs

**If you would like to be referred to the service please speak to a member of staff.**

### Middlesbrough and Stockton Mind

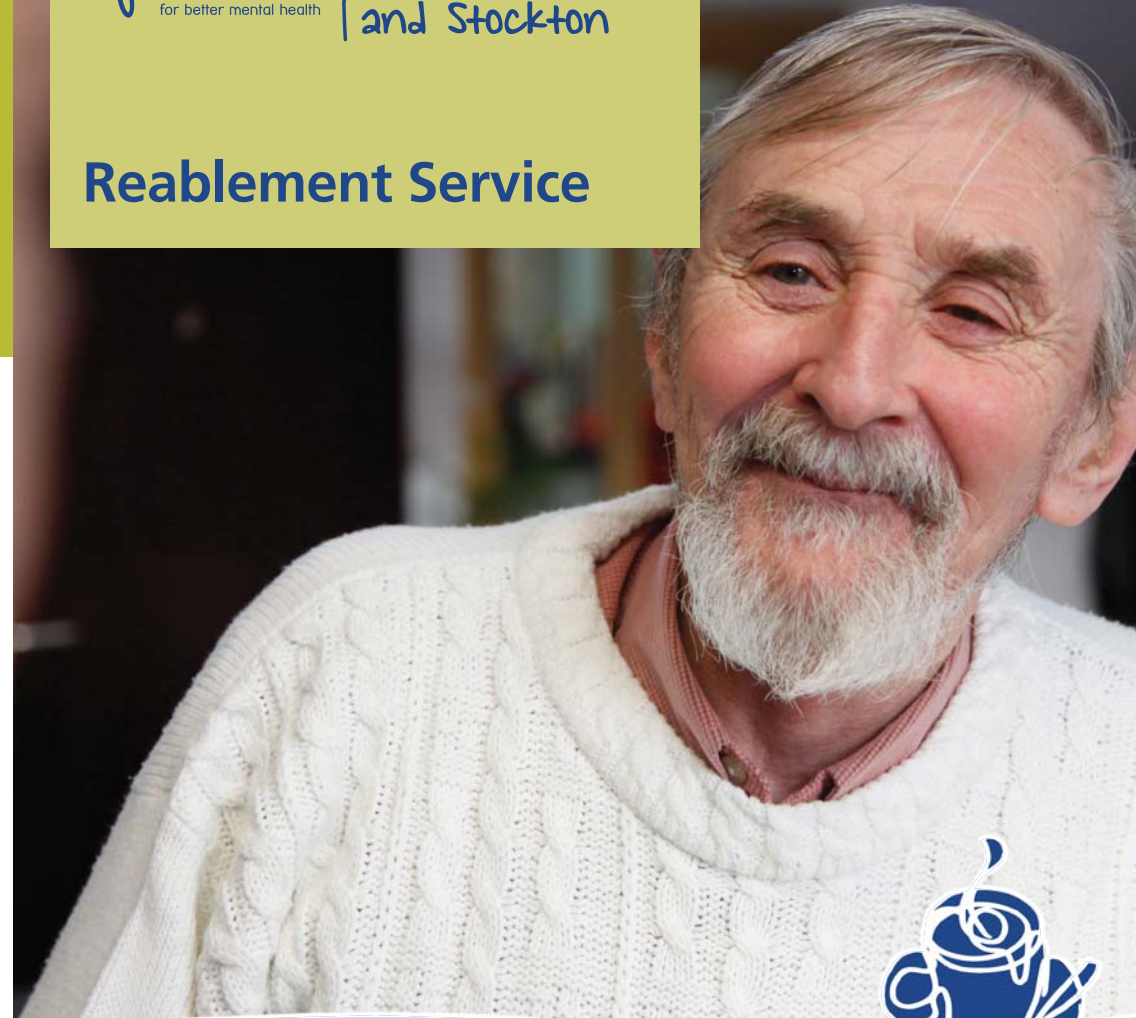
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## Reablement Service



**Mind Reablement Service** aims to support you to improve your emotional wellbeing, mental health and quality of life, by working with you to look at areas of your life that may be affected by your long term condition or areas that you wish to improve.