

# Mental Health Services



Services that focus on each person's mental, physical and spiritual needs.

Catholic Care   
Children & Young People's Services

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**To reflect the personal nature of mental health, we offer a highly personalised range of services. These enable people to live full, independent lives and aim to improve their overall quality of life.**

Our holistic approach is based on a personal commitment to each person's recovery and takes into consideration their mental, physical and spiritual needs. In addition to helping them to maintain good mental health, we provide practical assistance to enable each person to fund and manage their own homes.

Wherever possible, we believe in encouraging and supporting people to become active members of the community, and in doing so, prevent relapses and future hospital admissions.

#### **How we can help:**

- Practical housing related support with tenancies
- Bespoke support for individuals centred around their personal preferences and wishes
- A comprehensive approach that considers mental, physical and spiritual dimensions
- A personally committed team dedicated to improving quality of life
- Everyday support to simplify re-integration into the local community
- A network of support and partnerships that reduces red tape and provides the best possible care for the individual
- Supported housing projects and a team of support workers who offer advice and guidance.

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## Our referral process

As an organisation that celebrates diversity and values relationships built upon mutual respect, we strive to offer inclusive services, without discrimination. This means that anyone in need can access our services and everyone is guaranteed a warm welcome.

Applications for our mental health services are invited from all sections of the community, regardless of race, gender, sexuality, ability, political or religious beliefs.

General enquiries and self-referrals about the appropriateness and availability of tenancies are also welcomed.

If you would like further information or would like it in any other format, such as large print, Braille or in a different language, please don't hesitate to contact us.

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People effected by  
Mental Health issues

Established in 1863, Catholic Care is a charitable organisation working on behalf of the Diocese of Leeds. In everything we do, we strive to show how the teachings of Christian love, charity and justice can shape the way we live together. As such, we provide a range of care and support services for vulnerable people across the community, regardless of their faith.



We believe in helping individuals to become active members of the community.

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Diocese of Leeds