

How Can I Access This Service?

The Supported Living & Affordable Accommodation Service is for people living in, or for individuals who want to live in the Darlington area. It is located centrally in Darlington.

You're also welcome to email or call us via one of the methods below and arrange to come and have a look around.

If you prefer, you can ask your Social Worker, Community Psychiatric Nurse (CPN), GP (General Practitioner) or any other agency worker involved in your care to contact us on your behalf.



Darlington Mind Ltd.

St Hilda's House
11 Borough Road
Darlington
DL1 1SQ

Website: www.darlingtonmind.com

Telephone: 01325 283169

Mobile: 07572 888084

Email: housing@darlingtonmind.com

Regd. Charity No: 1093140. Company Limited by Guarantee No: 04433988

Supported Living & Affordable Accommodation



for better mental health

Darlington

About Our Service:

Darlington Mind Supported Living Services offers high quality, fully furnished, safe and supportive homes for vulnerable people over the age of 18, conveniently close to the centre of Darlington and local amenities.

Our Aims Are:

- To enable independent living
- To support and enhance your self-esteem and confidence
- To develop a pro-active approach, to accommodate your support needs and help you to achieve your aspirations
- To support you in your new home
- To adapt our services to meet your support needs
- To encourage you to develop your education, training, employment, leisure and volunteer opportunities
- To support you in planning and preparing to move to independent accommodation and ensure the move is as smooth a transition as possible
- To offer you the opportunity and support to live your life with fulfilment

Testimonial:

"I really enjoy living in the supported accommodation; it's in a great location in Darlington. I have made new friends, and really enjoy using the communal garden, it's beautiful"



What Can I Expect?

Supported Living offers you caring, skilled and experienced social care staff that provides you with the reassurance and support for everyday living including:

- Emotional, practical & domestic support which is tailored to meet your own needs
- To support you to develop coping strategies for positive mental health, physical health & overall wellbeing
- Help you to connect with other people
- Supporting you to achieve your life goals
- Help you with your budgeting and saving plans
- Assist you to obtain your state benefit entitlements
- Access to a beautiful garden
- Wi-Fi and access to IT resources
- An opportunity to become skilled at taking control of your life and to confidently manage your home



Accommodation:

When you are ready to move on, we have a number of self-contained houses, flats and bungalows in the Darlington area where we can continue to offer you the assurance of support when you need it. Or we can advise you about other housing options available to you, and assist you every step of the way.