

Listed below are the types of recovery based support, (Recovery Pathways) we offer. We would meet with you to discuss and agree which area/s of support would be most beneficial for you.

- Coaching and goal setting.
- Graded exposure for getting out and about.
- Support / signposting to enable you to manage debt and finances.
- Daily planning.
- Signposting to community groups and services.
- Food and mood.
- Exploring options for work.
- Assertiveness and interpersonal skills.
- Mind based work towards personal development and self management.
- Wellness Recovery Action Plan (WRAP).

If you would like to discuss or find out further information on any of the Recovery Pathways please give us a call.

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## Confidentiality

We believe in respecting and maintaining confidentiality. We will not share personal information unless we have your permission or we have a duty of care.

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Devon Partnership



NHS Trust

## About Rethink Mental Illness

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For 40 years we have brought people together to support each other. We run services and support groups that change people's lives and challenge attitudes about mental illness.

We directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. We give information and advice to 500,000 more and we change policy and attitudes for millions.



**Leading the way to a better quality of life for everyone affected by severe mental illness.**

For further information  
on Rethink Mental Illness  
Phone 0300 5000 927  
Email [info@rethink.org](mailto:info@rethink.org)



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[www.rethink.org](http://www.rethink.org)

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Rethink  
Mental  
Illness.



Get more  
out of life

Devon Community Opportunities.

## Who we are

We can offer you support and help to regain your confidence and to engage in everyday social and workplace activities.

We work with you to identify what you want out of life and what you may need to do to make this happen. We offer support, advice and encouragement to enable you to put your personal recovery plans into action.

We believe in a recovery orientated approach which involves personal development and change, including acceptance that there are problems to overcome and a sense of involvement and control over your life.

## Would you like to improve your pathway to recovery?

## Better manage your mental health?

## Achieve the things that are important to you?

## We provide:

- Support to increase your participation in community activities.
- 1-2-1 and group work to support you to gain or regain skills that help improve health and well-being.
- Help to access vocational opportunities.
- Signposting and support to access specialist and independent advice.

We understand that people need different degrees of support and that it is important to involve those close to them. We will tailor our support to meet your needs.

You will meet a Rethink Mental Illness worker to discuss your support plan. We will assist you in creating an individualised support package that will help you achieve the goals and outcomes chosen by you.

We will make sure that effective planning takes place, that actions happen and that you are supported the way you want to be.

## How we can help you

The service covers all of Devon except North Devon, Plymouth and Torbay. Our team works with people in their local communities.

We can help anyone with a mental health problem which is affecting their ability to lead a full and meaningful life. The service works with people in a solution-focused and recovery orientated approach.

Our service aims to support people to find a place in their community and build strong relationships.

Our support can enable personal growth and the ability to develop resilience to the stressors of everyday life.

We encourage engagement in meaningful activity which can break down social isolation.

We also offer a variety of peer support groups across Devon where referral is not required.

## Contact our service

**For further information and/or to request a referral form please contact:**

Devon Community Opportunities  
Rethink Mental Illness  
2-4 Meeting Street  
Exmouth  
Devon EX8 1LN

Phone 01395 224166  
Email [devon@rethink.org](mailto:devon@rethink.org)

**"I have nothing but praise for Rethink Mental Illness. Through their support I've got my life back. I'm now independent and I'm now looking forward to the future."**

Parminder



Rethink Mental Illness is a partner in:

