

In-Reach

Supporting your mental health when you leave hospital

**Our In-Reach workers
offer a wide range of
support to make the
move from hospital to
home easier**



**You can talk to us,
we will listen and
provide support**

- **Advice and support in identifying and accessing community services**
- **Help you develop a personalised support plan prior to discharge**
- **Help with practical arrangements to prepare for discharge**
- **Help with attending and booking health appointments after discharge**
- **Work to support carers and family members**

**Please speak to the ward staff if you would like to
be referred to the service or for further information**

Working in Partnership