

How can Recovery & Connect help?

During your time with us, we aim to offer a service which can support you with:

- **Skills/tools** to manage your mental health
- Building **resilience, independence** and **confidence**
- Providing **practical hands-on support**
- **Connecting** you with your community

How will my appointments work?

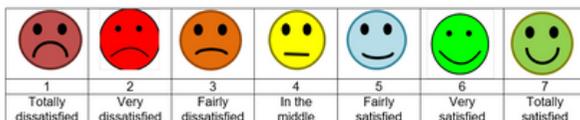
Your Recovery & Connect worker will support you to identify your personal goals. Together we will create a wellbeing plan focussed on you and your needs. Our flexible approach means you can meet with us when and where suits you best.

The frequency of our appointments may vary depending on what's going on in your life at the time. Our flexible approach means you can meet with us when and where suits you best. We're here when you need us.

Goal Planning

At several points during your time with us we will complete a 'Dialog' form. The aim of this is to encourage a supportive and meaningful conversation about the things that are most important to you such as: family, relationships, leisure activities, and accommodation. It will also consider your mental and physical health.

By measuring your quality of life and the support you receive, over time we can work together towards making a meaningful and lasting difference to your wellbeing.



Feedback

You are welcome to share any feedback you have about your experience of using Recovery & Connect.

You can do this by speaking directly with your support worker or by contacting the Recovery & Connect admin team:



 feedbackrecoveryandconnect@sabp.nhs.uk

Confidentiality

To provide you with the best possible support, we work closely alongside Surrey and Borders Partnership (SABP), keeping up to date records of the care we provide. This ensures other people who are supporting you remain up to date.

Details of our appointments will be securely recorded on the NHS system. In addition, MFT stores your contact information and the risk assessment completed following your referral to us.

What's next?



Before your support with Recovery & Connect comes to an end, we will work with you to identify your future goals and explore what's out there to support you on the next part of your journey.

Out of Hours / Crisis Support

It is important to note that Recovery & Connect is not a crisis service. Therefore, if you need urgent support outside of our usual working hours please contact:

Crisis Mental Health Helpline on: **0800 915 4644**

SMS texting for people with speech or hearing difficulties is available on: 07717 989 024.

Text the word '**SHOUT**' to **85258**, free 24/7 mental health text support.

Safe Haven provides a safe alternative to A&E when you are in crisis. Face to face and virtual support available. Open 6pm-11pm, 365 days a year.

In an emergency, please contact 999.

Contact Us

We understand that given the nature of our role, you may need to contact us directly to confirm, rearrange, or update us regarding an appointment.

Lynne:  07463 314 197  Lynne.Dossetter@sabp.nhs.uk

Simon:  07862 003 245  Simon.Buchan@sabp.nhs.uk

Liz:  07361 827 524  Liz.Wilson@sabp.nhs.uk

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Welcome to Recovery & Connect

