



*Feeling...
overwhelmed?
unable to sleep?
anxious?
stressed?*

Building

Resilience for a

Better Home

A free service for tenants within Link Housing, Larkfield Housing and Horizon Housing associations who are experiencing mild to moderate mental health issues.

Eligible tenants can receive up to nine online sessions with LinkLiving self-help coaches, where they will learn techniques to manage their mental health, and therefore be in a position to be able to better manage their lives, engage with their communities and sustain their tenancies.

**SESSIONS AVAILABLE VIA
PHONE OR VIDEO CALL**

THE PROJECT IS AVAILABLE TO LINK HOUSING, LARKFIELD AND HORIZON HOUSING ASSOCIATION TENANTS LIVING IN THE GLASGOW, INVERCLYDE, EAST AYRSHIRE, NORTH LANARKSHIRE AND WEST LOTHIAN AREAS.





"How could the 'Building Resilience for a Better Home' service help me?"

The service offers up to nine one-to-one self-help coaching sessions to adults aged 16 and over, who are struggling to manage their tenancies due to experiencing mild to moderate mental health issues. Our self-help coaches use a tailored approach and will introduce you to resources, techniques and tools tailored to help you:

- Better manage your own mental health
- Identify personal outcomes and how to work towards them
- Connect to other services and sources of support in the community

"Do I need to talk about my experiences?"

Our service focuses on current difficulties - you do not need to discuss what happened in your past. However, we do ask some questions to ensure our service will benefit you, or to signpost you to further support.

"Is the service confidential?"

Discussions are treated confidentially but there are some limitations to this. Your self-help coach will discuss this further during the first session. We will keep you informed of any contact with other organisations.

"How can I access the service?"

If you are interested in this service, please contact your local housing officer or debt advice assistant, or contact LinkLiving directly



Web: www.linkliving.org.uk



Email: lareception@linkgroup.org.uk



Call: 01324 466860