

If you would like to apply to the service then please contact your mental health professional, or doctor to be referred, or contact the **HiWay** team at:

Mind Monmouthshire

45b Cross Street

Abergavenny

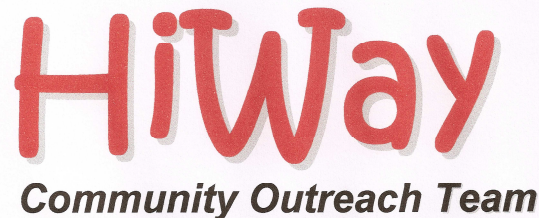
Monmouthshire NP7 5ER

Tel: 01873 858275

Email: [managerdayservices](mailto:managerdayservices@mindmonmouthshire.org.uk)

[@mindmonmouthshire.org.uk](mailto:managerdayservices@mindmonmouthshire.org.uk)

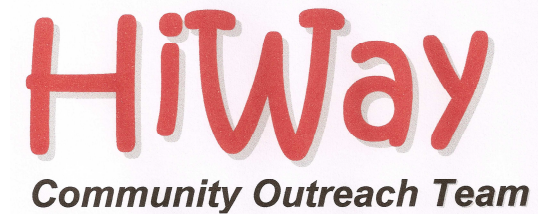
Registered Charity No: 511142



HiWay
Community Outreach Team

Mind Monmouthshire is committed to providing a quality, customer based standard which has strong consistent values, has high standards of service delivery and is run in a robust way in line with the needs of the community.

We are also committed to achieving equal opportunities in employment and the services we provide.

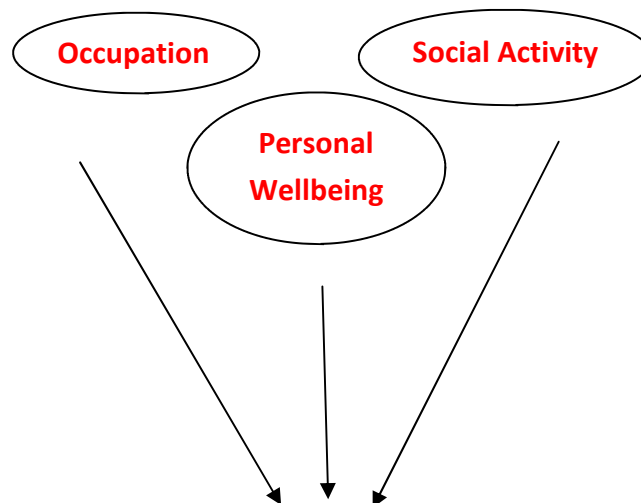
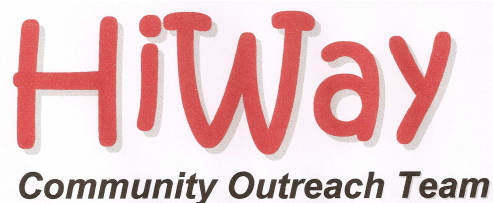


HiWay
Community Outreach Team

GUIDE FOR CLIENTS

**A RECOVERY-
FOCUSED SERVICE
THAT USES
GOAL PLANNING
TO EMPOWER
YOU TO REACH
YOUR POTENTIAL
AND IMPROVE YOUR
MENTAL HEALTH**

Who are **HiWay** and what can we do for you?



✓ We are Mind Monmouthshire's mental health community outreach team.

✓ We aim to help you to achieve goals that are important to YOU.

✓ We are based upon a PERSON CENTRED approach meaning that we value your CHOICE and RESPECT your views.

✓ **HiWay** believe in a recovery based approach promoting the importance of being content personally, occupationally, and socially.

✓ **HiWay** recognise potential, regardless of ongoing or recurring symptoms of mental illness.

- ✓ DEVELOP YOUR SELF CONFIDENCE
- ✓ MEET NEW PEOPLE
- ✓ DO SOMETHING THAT YOU ENJOY
- ✓ DEVELOP YOUR WORKING SKILLS
- ✓ DEVELOP YOUR COMMUNICATION SKILLS
- ✓ REACH YOUR POTENTIAL
- ✓ ACHIEVE PHYSICAL AND MENTAL WELL-BEING

A TRAINED OUTREACH CASEWORKER CAN:

1. Work with you to set achievable and maintainable goals.
2. Access community activities.
3. Measure your achievement.
4. Work with you to obtain occupation.
5. Empower you to further your education.
6. Aid you to get involved with exercise.

Don't let mental illness hold you back, you CAN reach your potential!

