

## About Family Lives

Family Lives is a national charity with over 30 years' experience of helping people deal with the changes and challenges that form a constant part of life. We believe that asking for help is a sign of strength.

### Family Lives Helpline

**0808 800 2222**

Call the Family Lives helpline for free\* and speak to someone who knows just what you're going through – because they're a parent too.

It's open Monday to Friday, 9.00 am to 9.00 pm and Saturday and Sunday between 10.00 am to 3.00 pm. It helps to share your problems or concerns and get a new perspective on things. You can discuss ways of dealing with issues and start enjoying family life again. Remember, you are one call away from taking the pressure off.

\*from landlines and most mobiles

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| Reg'd in England and Wales. | Reg'd Address 15-17 The Broadway, Hatfield,  
Hertfordshire, AL9 5HZ



## ***Families in Mind***

*Supporting people who are recovering from psychosis*

## ***What is Families in Mind?***

Families in Mind is a service, designed to improve the quality of life of those recovering from Psychosis. Working in partnership with Gloucestershire County Council, the service uses a Volunteer Buddy Programme to provide 1-2-1 support.



## ***How does the service work?***

To get the most out of the service, one of our team will firstly discuss an individual's needs and wants; they will then be matched with a volunteer (buddy) who is best suited to offer support. With permission, further information will be gathered to help build a personal action plan. A Buddy will spend time listening and understanding what that person wants and helping them to reach their goals and aspirations for the future. These include hobbies and interests, social interaction, health and physical activity, family, skills and work/volunteering.

## ***What is provided by a buddy?***

- Weekly or fortnightly visits and activities.
- Individual support for a minimum of 6 months.
- Walking trips, help finding hobbies, meeting new people, attending groups, finding courses, getting involved in volunteering and finding work.
- Providing information about other services and opportunities available.

## ***Aims of Families in Mind***

- Improve self-management and coping skills
- Reduce social isolation
- Reduce social disability
- Increase physical activity
- Increase involvement in occupational activity, volunteering and training

## ***Are you or someone you know recovering from psychosis? Do you work with people with psychosis?***

For more information on what we offer, contact:  
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