



Adult Community Support (ACS)

We aim to give support and time to people with complex mental health needs and promote their recovery.

We focus on direct needs of people accessing our services working across boundaries of care and organisations.

The service is based on the 5 ways to wellbeing model:

- Connect with other people
- Be physically active
- Learn new skills
- Give to others
- Pay attention to the present moment

 **mind** Norfolk and Waveney

Registered charity - No. 1118449

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Who is ACS for?

The service is available to any adult from the age of 25 living in the borough of Great Yarmouth and Waveney.

Our objective is to enable people living with mental ill health to achieve their individual potential by developing self confidence, self esteem and self determination leading to improved general and mental health, wellbeing and connecting with the individuals community.

What do we offer?

Time limited interventions; these included 1:1, group work, personal development courses and training.

Improve wellbeing of the service user, engaging in the community and mentoring.

How do I access this service?

- Self Referral
- GP General Practitioners, primary care
- Social Services
- Integrated health and social services
- Local partner organisations
- Norfolk and Waveney Mind website

For more information:

Email: enquiries@norfolkandwaveneymind.org.uk

Call: **0300 330 5488**

Website: norfolkandwaveneymind.org.uk/acs

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