



Mental Health Support

Person-centred support for individuals managing depression, anxiety, or motivation difficulties, encouragement and routine, delivered with patience.

IS MENTAL HEALTH SUPPORT RIGHT FOR YOU?

- Low mood, anxiety, or motivation are making daily routines difficult to sustain
- Isolation has become a real concern, not just an occasional feeling
- Structure and encouragement would help more than clinical intervention alone
- A family member wants support that complements existing mental health care, not replaces it

WHAT'S INCLUDED

- Person-centred emotional support
- Encouragement with daily routines
- Support engaging with the community
- Motivation and companionship
- Coordination alongside existing mental health professionals



Senior Health Care

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