

Would you like to know more?

 www.valleyhouse.org.uk

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 @ValleyHouse1977

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Support Us!

You can support Valley House and the work we do by visiting our JustGiving page:

www.justgiving.com/valleyhouse

You can fundraise for us, set up a monthly donation or donate as a one off.

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Community Wellbeing

**VALLEY
HOUSE**
Promoting positive change since 1977



Community Wellbeing

Having the time and space to talk about thoughts, feelings and behaviour is important for good mental health. When things feel chaotic, talking about what's on your mind can help you manage your emotions as well as the practicalities of your daily life.

Valley House works with anyone aged 16 or over and unemployed or financially disadvantaged. We offer an innovative mix of both practical and emotional support to help you deal with immediate problems as well as any underlying issues that are affecting your health and wellbeing.

Helping You Help Yourself

Whether you want 1-2-1 support in your own home, telephone sessions, or group support, we can tailor the service to suit your needs.

Maybe you need support to overcome practical issues - such as debt or housing problems - which are negatively affecting your emotional state. Or perhaps you want to learn techniques to help you manage anger or anxiety. How about understanding more about your behaviour so you can change unhelpful patterns in your life?



Whatever you want from your sessions, our experienced and confidential team will be there to listen to your concerns and help you achieve the things you want in your life.

The Helping You Help Yourself service aims to reduce the number of people who reach crisis point and increase the ability of individuals to manage their own mental health and wellbeing.

We cover a wide range of issues, including:

- Housing and benefits
- Debt and money management
- Life stresses
- Self-esteem
- Lack of confidence
- Isolation
- Exclusion
- Social phobias
- Relationship difficulty
- Anxiety
- Depression
- Coping with loss
- Trauma



Interested?

You can come direct to us, or be referred by someone else.

We will ask you to attend an initial appointment to see if the Helping You Help Yourself service is right for you. If you decide to go ahead, we will match you with a support worker. At your first meeting, you and your support worker will identify areas of concern that you would like to address.

We will work with you to create a flexible support plan to meet your individual needs. Ongoing meetings can be weekly or fortnightly and the number of sessions you have is decided by you and your support worker.

For more information, contact 024 7626 6280