



People in mind

Mental health support from Cornwall's community sector

CHLOE'S STORY



I am feeling much more confident and my mental health has significantly improved since I started working with Amy [from Pentreath]. I know where to access support in the future if I ever need it.

Chloe had multiple health conditions and was waiting for medical treatment, due to her physical health conditions she was struggling moving around her house safely. She was also not managing to sleep well due to her mattress being uncomfortable and her painful twisted spine.

As Chloe was living in an isolated area with no way to get around other than a friend she relied on to take her shopping, she would try to stock up on food as much as she could when she was supported with shopping. Chloe also disclosed that she had recently got into an abusive relationship. It was disclosed that her partner had been controlling her finances and was being emotionally abusive.

PERSONALISED

In addition to creating links with a social prescriber and multi-agencies, we created a debt management plan. A specialist mattress was purchased for the client so that she could sleep more comfortably. We also bought a chest freezer to help store shopping. These two items made a huge impact on the client's wellbeing.

PARTNERS

- Pentreath
- Citizen's Advice Cornwall
- Adult Social Care
- Konnect Communities
- CLEAR
- British Red Cross
- Social Prescriber