

What is Link House?

Link House offers support to women in Bristol, North Somerset and South Glos who are experiencing a mental health crisis, who need time away from their home environment and would otherwise need to go into psychiatric hospital.

Link House can also support women who are able to leave psychiatric hospital early.

We can house up to 10 women at any one time and the house is staffed 24 hours per day, 7 days a week.

Link House is not able to provide respite care and is not for women who are detained under the Mental Health Act.

This leaflet is about our mental health Crisis House called LINK HOUSE.

Missing Link strives to create a culture that encourages and values everyone's differences and promotes mutual respect and shared understanding.

Link House will offer help with a range of support including

- An individual support plan that is recovery focused
- Practical and emotional support with your mental health
- Daily activities and group sessions
- Support with benefits and housing
- Support with daily living skills: self care, managing money, cooking, domestic skills, organising time
- Maintaining good mental health
- Help with things to do in the day
- Learning new skills
- Help with finding Voluntary work
- Access to Training Courses
- Support with relationships
- Support with employment
- Support with parenting

How can it help me?

We provide a safe environment in the community where you can be supported through your crisis and helped to build resilience for the future. Support is not based on a medical model but on talking and activities.

During your stay we will help you address the immediate crisis but also focus on ongoing recovery, building support networks and maintaining good mental health on returning home.

How can I use the service?

You can ask your care coordinator or crisis worker to refer you. Initial enquiries are discussed over the phone to check whether the service is what you need, an assessment may then be set up to check your needs and agree how we can support you during your stay. A room may not always be available and you may be added to the waiting list.

What about my current workers?

You can continue to see them while you are with us and your stay will be part of your care plan. We can support you to continue to take your prescribed medication.

Can I have visitors?

You can meet with visitors near the house by making an arrangement with the staff of Link House.
Visiting hours –
up to 1 hour between 10:00 – 13:00
and up to 1 hour between 4:00 – 7:00pm

What is the house like?

It is a spacious house in the community and has a large sitting room, shared kitchen, laundry, dining room and garden.

Disability access is available. It is a shared living space and there are some house rules, we can give you more information about when we meet. No alcohol is allowed on the premises.

If you want to know more

Go to www.missinglinkhousing.co.uk/link-house-film/ to watch our video online.

If you have a smartphone or similar device you can scan this QR code to take you straight to the video.



You can contact us by:

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website: www.missinglinkhousing.co.uk

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www.facebook.com/MissingLinkHousing

