

Housing Options advice sheet for people experiencing mental illness

What you may need to do	What we may do
<ul style="list-style-type: none"> • Tell us about why you cannot continue to stay at home • Give us the names, addresses and contact number for your landlord or family of where you have been staying 	<ul style="list-style-type: none"> • Speak to your landlord or family about why you have to leave • Consider if it is reasonable for you to go home • The Council can refer you to Essex Trailblazer, Homeless Prevention Mentor. They can work with you closely to help you negotiate with your current landlord, get benefits in place and help you oppose any court action that your landlord maybe considering.
<ul style="list-style-type: none"> • Give us the contact details of any practitioners involved, any support workers (the Community Mental Health Team or Mind for example)? • It is important to engage and work with medical practitioners and care providers to ensure that your health needs are fully assessed and understood. • Help is readily available. You can self- refer to many of the services listed below. All services are confidential. Most are free. • Some of the services will offer advocacy. This means that they can speak on your behalf or support you in situations which you find difficult. • Many of the agencies listed below can also help you with managing day to day tasks such as managing your money, filling in forms and claiming benefits. Ask them about this service. • To help you contact support services, you can use the free internet access available at local libraries in Uttlesford. You may have to book your session. 	<ul style="list-style-type: none"> • We will advise you if we think you would benefit from additional support and will look into how well you are engaging with the services offered to you. • We can refer to other agencies who can provide support. • We would like to work with anyone that is currently helping you to manage or an advocate. • Useful contacts are listed below. There may be other help available from local charities. Your Housing Options Officer on the CAB can advise you further.
<ul style="list-style-type: none"> • Tell us about your income and expenditure • If you are having problems with debt, the Citizens Advice Bureau can help you with your finances. They can help and advise you on how to maximise your income. They can help you with benefit claims and with debt management. 	<ul style="list-style-type: none"> • Provide general benefit advice, refer to the Citizens Advice Bureau or online sources to get advice on income maximisation • Investigate sources of financial assistance for costs (Saffron Walden United Charities/ DHP/ Prevention Fund)
<ul style="list-style-type: none"> • You will need to tell us about the type of property you need • If it is not possible to stay in your own home you will need to start looking for privately rented accommodation. The Council may be able to assist you under the Rent Deposit Scheme. 	<ul style="list-style-type: none"> • We will assess your basic housing needs, your age will affect your options • Advise on possibility of privately renting • The Council will also advise you on your eligibility for the Housing Register. If you are eligible we will help you to put on a Housing Register Application and assess your application as soon as possible. • The Council can also refer you for supported accommodation. There are different levels of support. For some types you will need to be linked in with the Community Mental Health Team.

<ul style="list-style-type: none"> • We will want you to provide evidence of anything that makes you vulnerable 	<ul style="list-style-type: none"> • We may contact others to find out more about your vulnerabilities and advise you about how this may influence your application
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Useful contacts

- Essex County Council – Adult Mental Health Wellbeing Team. 033303 22958; email:mentalhealth.wellbeingservice@essex.gov.uk
- Essex Advocacy : 0300 3435736 www.essexadvocacy.org.uk.
- CAB: 01799 618840; web: <http://www.uttlesfordcab.org.uk/>
- Samaritans Tel: 116 123, 24 hours a day, every day
- Healthy Minds: 0300 222 5943. Using secure e-form on www.northessexiapt.nhs.uk/west-essex
- Mind: 01371 876641. www.mindinwestessex.org.uk
- Futures in Mind: 18+. Tel: 07854 732475 www.futuresinmind.org.uk.
- Sane out of hours helpline Tel: 0300 304 7000 from 4.30pm - 10.30pm every day
- Open Door Counselling service for young people aged up to 26 years. Tel: 07803178794, email:opendoorsw@gmail.com. www.open-door.info.
- Employ – Ability – HeadsUp : 01279 450299.www.enableeast.org.uk/headsup