

How can the service help me?

You may be interested in this service if you identify that you are regularly accessing services such as your GP, 111, Crisis, Emergency Services or others; to support your immediate mental health and well-being needs.

Our friendly team of practitioners are available to help you to consider alternatives.

Through regular one to one support, we will explore your individual needs and consider the importance of services to you.

We will think about your strengths and encourage you to take control of your mental health and well-being.

Contact us:

Thrive@DM

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35 Market Place
Doncaster
DN1 1NE

- 01302 812 190
- thrive@doncastermind.org.uk
- www.doncastermind.org.uk



Thrive at Doncaster Mind

Working towards recovery.

Doncaster Mind is a registered charity – No. 1141145

Thrive - working with you.

Together. Healthy. Resilient. Independent. Valued. Empowered.

Towards mental health recovery

Here at Thrive, we empower individuals to regain control over their lives. We provide support to help individuals manage their mental health challenges in healthier ways.



Your recovery journey

It's not unusual to feel unsure or worried about starting your recovery journey.

In our first meeting, we will tell you more about how we work. We will also ask questions to help gain a picture of your needs and how our service might be able to help. There is opportunity for you to ask questions too.

Hopefully, the time spent together will give you enough information to help you to make an informed choice about working with us.



Supporting you to take control

We will work with you for up to 6 months to help you to identify and access a plan of care that is most relevant to you.

This may include thinking about ways to manage your mental health, or considering unhealthy behaviours, your home life, relationships and connection to your community.

Your recovery is personal to you and will aim to focus on developing a quality of life.



Empowering you

We work to empower individuals so that they are at the centre of the support they receive.

We recognise that everyone's journey is unique and that mental health and well-being can change from time to time.

To support your recovery, we encourage regular opportunities to share your views, to review the work together and to make changes where we agree that they are needed.