

I have been using mental health services for four years. I found myself in difficulty with paying my bills and rent and got an eviction notice. My mental health had deteriorated because of all the worry.

I contacted the After Care team and because of the complexity of my needs, I was allocated back into the Leaving Care Team and given an allocated Personal Adviser.

When I felt more able to manage things, I went back to the After Care team. By asking for help I was able to set up a repayment plan and I received the help I needed so that I didn't lose my tenancy.

- MS aged 22

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Keep asking,  
don't give up  
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“  
Don't be afraid  
to ask for help  
”

I wanted to learn to drive and didn't have the documents I needed but I made a call to the

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## EALING

Help to regist  
any other spe  
needed e.g. su  
or sexual hea

If you have w  
emotional he  
input from th  
Psychologist