



Connect 3

Flexible housing and wellbeing support

Mental health

LiveWell

South
Yorkshire
Housing
Association



What do we offer?

We're a flexible housing focused mental health service that works with people living in Sheffield. There are three different ways we can work with you where we provide:

- Short-term accommodation with specialist support
- A 'transitional landlord service' where we'll work with you to manage your own tenancy
- Floating support for you in your own home
- You'll be able to move back and forth between each of the services based on your individual needs.

How we work with people

Our support is tailored to suit your individual needs – there's no one size fits all approach to mental health. Whether you need a temporary place to live, advice on anything housing related or just that extra bit of support in maintaining your tenancy we're here to give you all the support you need.

The 5 Ways to Wellbeing

We've shaped our service around the 5 Ways to Wellbeing which means we can structure our support around building and

maintaining your wellbeing. We'll encourage you to:

Connect with other people

Be Active in a way that suits your interests and ability

Keep Learning through informal and formal learning opportunities

Take Notice of your thoughts, feelings and the world around you

Give to others and share your talents and skills with other people

Eligibility and applying for a place

Connect 3 is a South Yorkshire Housing Association service, delivered in partnership with Sheffield Mind and is part of our LiveWell group of services that provide care and support across South Yorkshire.

We can work with you on your own or with your family, it depends where you feel most comfortable.

To be eligible for support from Connect 3 you must be aged 18 or over and be living with a mental health problem.

To talk to a member of our friendly team give us a call on 0114 2900 321 or email: connect3@syha.co.uk