



Hyde Housing takes an holistic approach to support vulnerable people. The target age range is 18 years and over. Hyde Housing offers:

- Regular Drug & Alcohol support
- Cognitive Behavioural Therapy
- Counselling
- Crisis Intervention & Prevention initiatives
- Going For Gold program
- Sexual Health Advice
- Offending behaviour
- Independent Living skills
- Money management
- Advocacy
- Anger Management
- Benefit Advice
- Legal Advice



HYDE HOUSING

ABOUT

OUR COMPANY

We run Supported accommodation around Birmingham, in different areas and of different sizes. Hyde Housing run a high-level catered for supported hostel, and various smaller supported properties.



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BIRMINGHAM
HANDSWORTH
B20 2RE

01215548248

WWW.HYDEHOUSING.ORG/

CBT

We acknowledge that mental health concerns are a common problem within our client group (vulnerable adults over the age of 18 years). This can include, but not limited to: • Depression • Anxiety • Obsessive Compulsive Disorder • Addictions (including substance misuse) • Eating Disorder • Social Anxiety • Panic Disorder • Post Traumatic Stress Disorder • Personality Disorder

We acknowledge the boundaries and limitations with using external sources and agencies of support. Problems may include: attendance, assessment, suitability, drop-outs, transport, costings and co-morbidity. We now have qualified mental health practitioners including a trained: Cognitive Behavioural Therapist, Counsellor, and Substance Misuse Worker.

Clients can then access a wide range of internal support including: • One to one intervention • Group interventions • Guided Self-Help This benefits our clients that need the support but have problems accessing it. Furthermore, it provides clients that have previously needed in-patient, secondary care, or rehabilitation, another stepping stone to full independence.



We have a variety of accommodation to tailor the needs of each tenant that lives with us. This includes a three bedroomed disability accessible accommodation and a 16 bedroomed high intensity support hostel.

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I'm happy with the support I have. We had a nice residents meeting today. My house is fine, I've moved rooms. They got me a new mattress. My support worker is amazing. I do believe that the staff are amazing and they are trying to do the best for me.

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Substance Use

We understand that addiction has a huge impact on different areas of a person's life. We work in partnership with other agencies to address an individual's specific needs, raising their awareness of the damage caused by drug and alcohol abuse and supporting them to move on to a positive future. We also acknowledge that a person's substance use may be a coping strategy or learnt behaviour, where support for underlying issues may be needed.

