



Purpose

Helping you to find purpose and direction

Educating and equipping you with practical skills, enabling you to engage in positive choices and explore new ideas.

If you're receiving one-to-one and group therapy, individual sessions help you apply group learning to your own life, explore where direction or purpose may have been lost, understand how self-doubt can limit choices and progress, and recognise unhelpful coping strategies that may have developed in response.

You'll have opportunities to be involved in shaping our services, helping you build confidence in sharing your views, develop a sense of agency, and discover new interests in a supportive environment.

We monitor progress using clinical outcome measures and personal feedback, including validated tools such as the Generalised Anxiety Disorder scale (GAD-7), alongside reflective check-ins to ensure treatment remains responsive to your needs and goals.

Support to set you up for success at home, work, education and in the community.

We create comprehensive discharge and care plans that support reintegration into everyday life and the community. These plans focus on purpose and relapse prevention, helping you set meaningful goals around education, employment or volunteering, whether that involves returning to previous pathways or exploring future options, and supporting a smooth transition back to daily routines.

We will support you to build self-efficacy, developing the confidence to put skills into practice, make decisions independently, and rely less on others as you move forward in your recovery.

Support you to understand your values and strengths, and encourage practical options that align with what motivates you.

We work with you to create lasting change, helping you manage and enjoy daily routines while building confidence that recovery and personal improvement are possible.

Some patients may be unsure of their personal values or what truly matters to them. We support and encourage exploration in this area, helping you understand how your values shape decision-making, influence identity, and guide priorities. By connecting with these values, you can gain a clearer sense of direction and move towards a more fulfilling life.

You'll have opportunities to engage with peer support and lived experience, through hearing from others or sharing your own recovery story, helping to validate your journey, build hope and inform future service delivery.

Guide your self-discovery to build meaningful experiences that interest you, feel valuable and create a sense of achievement.

Addressing loss of direction and purpose is central to our approach. You'll explore your life story, values and experiences to clarify what matters, discover new possibilities and build belief in your strengths to support confidence, growth and purpose in recovery.

We support you to engage in self-discovery, enabling you to plan short, medium and long-term goals that foster a healthy sense of direction and purpose.